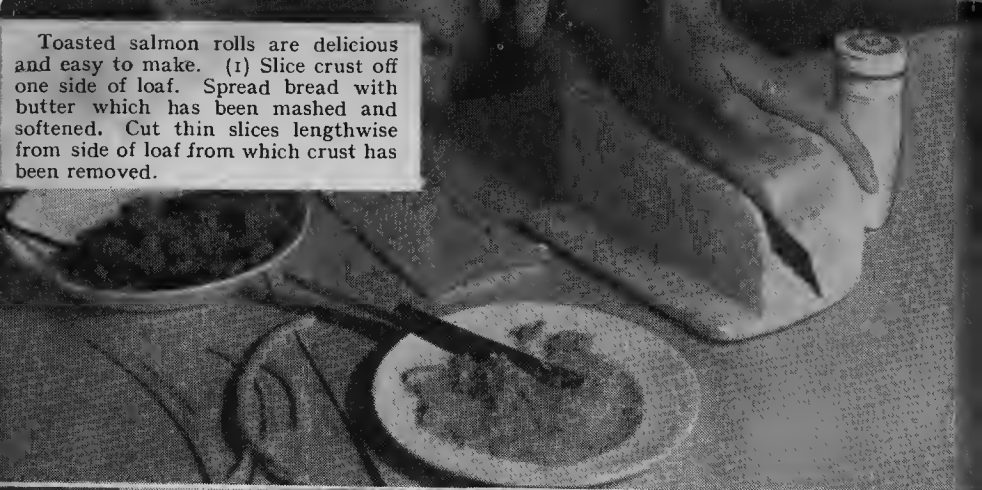


\$2.50

To Verona
with love from
Gertie
18/6/37

AUSTRALIAN HOME COOKERY

Toasted salmon rolls are delicious and easy to make. (1) Slice crust off one side of loaf. Spread bread with butter which has been mashed and softened. Cut thin slices lengthwise from side of loaf from which crust has been removed.



(2) Remove crusts remaining. Spread bread with prepared salmon mixture. (See page 206.) Roll.



(3) Cut rolls into half-inch slices. Put a toothpick through each. Place on a tin plate and toast.



AUSTRALIAN HOME COOKERY

*850 tested recipes and practical hints on Marketing, Invalid
Cookery, Preserves, Pickles, Beverages, Parties, Carving,
Table Arrangement, Preparing Menus and Culinary Terms*



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INTRODUCTION

HERE is a book to meet the needs of the Australian housewife. Its simple, straightforward recipes for staple dishes will solve the problems of the woman of limited experience. They will lead her to those recipes which lure the housewife from the cooking rut.

Extravagance is not compatible with good cooking, therefore the majority of the recipes are for dishes which may be prepared at moderate cost. The thrifty woman will appreciate the practical guidance in the preparation of attractive dishes from left-over foodstuffs.

Cocktail, after-theatre, tennis, and children's parties, and many other informal festivities call for savory tit-bits and other dishes not included in ordinary menus. This book provides a host of helpful suggestions for such occasions.

In preparation of this series of Australian Home Reference books, no expense or effort has been spared in selecting the most useful type of reference for the housewife's guidance. Every recipe has been tested under Australian conditions.

"Well begun is half done" is a motto that all should observe. If we buy the right goods, we are half-way to perfect dishes. There is much to be learnt from the section devoted to marketing, which includes diagrams of the various cuts of meat. A leading Melbourne butcher helped to compile these diagrams.

Carving hints, table setting, waiting at table, the serving of wines, and instructions about a hundred and one other things make this book a valuable guide to happy housekeeping and happy home life.

Prudence

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Choice of foodstuffs calls for almost as much skill as cooking. Here are points to bear in mind when buying.

Apples.—Split the stem. If it is soft and sappy, it is a fresh apple.

Bacon.—Have it cut very thin. It cooks better, tastes better, and is more economical. No. 4 is a good cut, though it varies on different machines. Too thin it will break.

Cabbage.—Young and tender cabbage has closely packed leaves and only slight odor. Watch for splits. They indicate worms at the centre.

Carrots and Parsnips.—Should be firm and the crown at the base of the leaf stems should be small. If the crown has spread, the vegetable is overgrown and probably tough.

Cauliflower.—Flesh should be tightly packed and white. When it has spread, another and unsavory growth has begun.

Chestnuts.—Fresh, raw chestnuts suitable for cooking wear tight skins. If the skins can be rubbed off easily, the chestnuts are probably stale.

Coffee.—The crack in the bean should be almost invisible. If widely spread, the flavor and aroma will be diminished.

Eggs.—A fresh egg should feel heavy, and, when held to a bright light, should show no dark specks. It will sink in a saucepan of water; a bad or cracked egg will float.

Fish.—A fresh fish must be stiff, and not in the least flabby. The eyes must not be sunken. The gills should be red. The skin should be smooth and moist.

Fowl.—A young and tender fowl is soft to the touch at breast bone and second leg joint. If those places feel tough, the chicken is old.

Grapefruit.—Those with unblemished thin skins are most desirable. If there are black spots where the fruit was attached to the stem, beware.

Lettuce.—Should be firm and crisp. If it has been plunged in water to revive it, the inside will be soft.

Meat.—Mutton is a paler color than beef. The flesh should be elastic, not flabby and watery. The fat should be well mixed with the lean.

Melons.—Fragrance is a fairly sound test, but the only way to be sure of quality is to open and test.

Oysters.—Rap the shells together. If they sound like stones, the inhabitants are alive and edible.

Parsley.—If fresh, it will be fragrant.

Peaches.—Take those which are fragrant. Peaches with beautiful skins and no odor are usually tasteless.

Peas.—Press finger-nail into pod. If sap does not appear in the wound, the peas are not fresh.

Radishes.—The centre leaves should be small and the flesh crisp.

Spinach.—Select straight leaves of deep green hue. Curved leaves mean overgrowth.

String Beans.—Avoid those of anæmic pallor.

Sweet Potatoes.—Select those with smooth skins. If there are little rootlets attached, the sweet potato will be fibrous and unpalatable.

Turnips.—Test with finger-nail. If incision does not fill with liquid, the turnip will be stringy.

HOW TO BUY THE BETTER CUTS OF BEEF

For many women the greatest housekeeping trial is the interview with the butcher. Unwilling to display their ignorance, they are often influenced by price, and look for meat bargains, believing that the benevolence of the butcher, rather than the quality of his meats, controls his price. They are puzzled if they have to pay more in one shop than another for what they believe to be the same kind and cut of meat. They resent it if the meats they buy are not uniformly good.

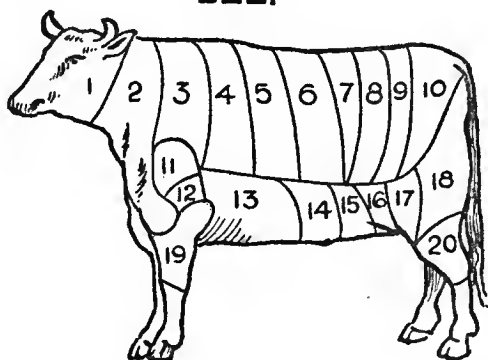
Nine times out of ten the butcher is willing to explain meat cuts, prices, and uses. There are, for example, several different grades of beef on the market. These grades identify the tenderness and eating qualities of the beef. If your butcher sells only the highest grade, you will undoubtedly have to pay more for his roasts, steaks, and chops than you will for the same cuts in a shop selling a lower grade of beef.

No beef creature has ever yet been bred that will yield choice steaks and roasts from head to tail. For, as the animal wanders about the field, certain areas, such as those around the front and hind legs, get

much exercise, and, therefore, are less tender than, for example, those around the ribs or loin.

The accompanying diagrams show the positions of these cuts and characteristics.

BEEF



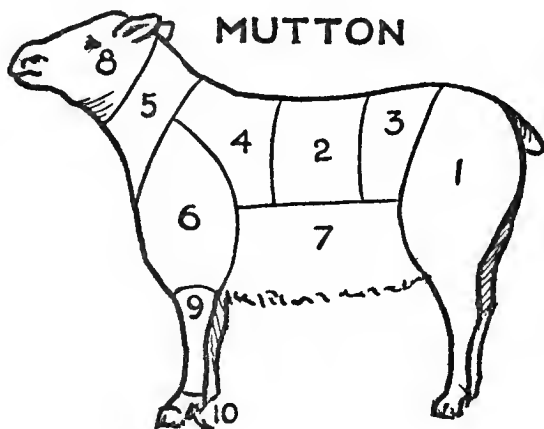
1. Ox Cheek. Can be braised or stewed. Should be well cooked.
2. Neck. Suitable only for beef tea, soups, or stews.
3. Chuck. Pot roast, free from fat.
4. Back Ribs. Cheap roasting joints.
- 5 and 6. Prime Ribs. Prime roasting joints. May be rolled or supplied with bone.
7. Wing Rib. Prime roasting joint.
8. Middle Loin. Prime roasting joint.
9. First Cut Sirloin. Prime roasting joint, with undercut.
10. Rump. Prime steak meat. Selvedge fat.
11. Shoulder. Tender beef steak for stewing or puddings. Cut off the blade it can be roasted.
12. Bolar. Good boiling joint.
13. Brisket. Popular corned beef. Usually supplied rolled.
14. Brisket. Middle cut, corned with bone. Has streaky fat.
15. Brisket. Thin end.
16. Thin Flank. Corned and rolled. Extra quantity of fat.
17. Thick Flank and Topside. Prime beef steak. Also roasts well.
18. Silverside. Corned round; prime corned joint, free from fat.
19. Shin. For soups and potted meats.
20. Leg. For soups and potted meats.

Sundries

Thick Skirt. Suitable for stewing.

Ox Tail. Served as stew or haricot, or flavoring for soup.

- Ox Kidney. Breakfast dish and entrée ; also a flavoring for soup.
 Ox Tongue. Supplied corned, for boiling and pressing.
 Ox Heart. Should be stuffed, parboiled, and then roasted.
 Cowheel. For thickening soups and gravies, and a popular entrée.
 Tripe. Served with or without onions. Easily digested and suitable for invalids.

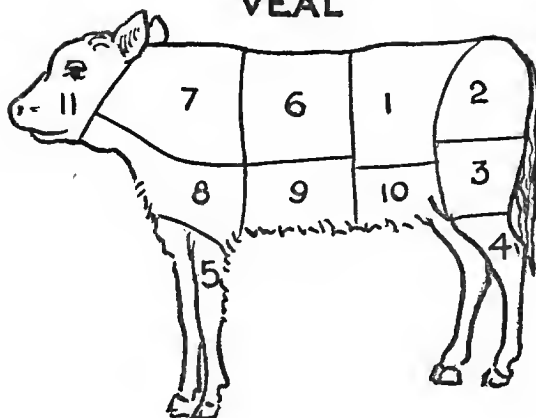


1. Leg. Usually roasted, may be boiled ; also supplies leg chops.
2. Loin. To be roasted or cut into chops for stewing or grilling ; also cutlets.
3. Loin. Chump end for roasting or stewing, and chops.
4. Neck. Best end for boiling or roasting. Cut into chops and cutlets.
5. Neck. Scrag end for soups, stews, curries, etc.
6. Shoulder. Roasting and boiling.
7. Breast. Stewing, or is corned and boiled.
8. Head. For soups or boiling.
9. Shank. For soups and broths.
10. Trotters. For broth or boiling.

Sundries

- Brains. Delicate entrée. Suitable for invalids.
 Kidneys. Good breakfast dish. Often sold with loin.
 Liver and Heart. Generally fried or stewed.
 Tongue. Stewed and served hot or cold.

VEAL



1. Short Loin. Roasting joint and chops.
2. Leg. Roasting joint.
3. Fillet. For roasting or cutlets. One of the finest pieces. Is highly priced, but there is little waste.
4. Hind Knuckle. Soup or broth. Much used in making white stock. With pig's cheek makes excellent brawn.
5. Fore Knuckle. More tender than the hind knuckle. Often stewed and served with sauce. Makes good brawn.
6. Ribs. Chops.
7. Shoulder. Roasting or stewing.
8. Bladebone. Stewing.
9. Breast. Braising or stewing. If boned, stuffed, and rolled makes a nice small joint for roasting.
10. Flank. Stewing.
11. Head. Stewing.

Sundries

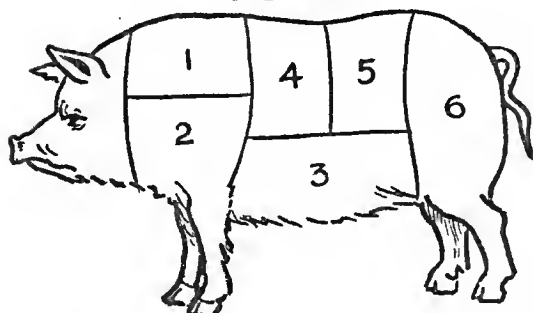
Sweetbread. Considered a great delicacy. Much used for entrées, and a good dish for invalids. The throat sweetbread, which is the thymus gland of the calf, is considered inferior in quality to the heart sweetbread or pancreas.

Kidney. Generally sold with a piece of the loin and roasted. Can be used separately.

Brains. A delicate morsel for entrées. Good dish for invalids.

Liver and Heart. Can be used in the same way as sheep's liver and heart.

PORK



1. Cushion. Bone, stuff, and bake.
2. Shoulder or Hand. Pickle and boil.
3. Spring or Belly. Pickle, roll, and boil.
4. Fore Loin. Chops and roasting.
5. Short Loin. Chops and roasting.
6. Leg. Ham. Pickling, boiling, roasting.

Head. Usually salted. Can be made into brawn, boiled and served cold, or stuffed and baked.

Feet (Pettitoes).—Can be cooked in various ways. Usually boiled or stewed.

The Tongue should be pickled and then served in the same way as sheep's tongue.

Heart. Stuffed and baked.

Liver. Fried.

Sweetbreads. Fried or stewed.

KITCHEN MEASURES

SOLIDS


1 level dessertspoon gelatine	1 oz.
1 level dessertspoon gelatine	will set 1 cup liquid.	
2 level tablespoons flour	1 oz.
2 level tablespoons castor sugar	1 oz.
1 level tablespoon butter, dripping, lard	1 oz.
1 rounded tablespoon sugar.	1 oz.
4 level tablespoons soft breadcrumbs	1 oz.
1 large egg	2 oz.
1 level breakfast cup sugar	1 lb.
3 level breakfast cups flour	1 lb.
1 teacup	1/2 breakfast cup	

APPETISING HORS D'ŒUVRES.

Toothpicks to carry, place cards pierce the sides of these potatoes which hold baked eggs. (See recipe for Eggs Baked in Potatoes, page 20.)



Eggs baked in tomatoes. (See page 21.)



Egg and cucumber cups, filled with
a mixture including young green peas.
(See page 18.)

Shrimp scallops, garnished
with the pink heads of the
fish. (See page 19.)

Sails of rice-paper
surmount these pas-
try yachts filled
with whitebait.
(See page 20 for
recipe for Whitebait
Yachts.)

LIQUIDS

1 tablespoon	1 oz.
6 tablespoons	1 gill or $\frac{1}{4}$ pint	
2 gills or 1 cup	$\frac{1}{2}$ pint
4 gills or 2 cups	1 pint
1 pint liquid	$1\frac{1}{4}$ lb.



Hors d'Oeuvres & Fruit Cocktails

Hors d'œuvres is an extra dish served as a relish at the beginning of a meal. It must be tasty and piquant.

Sardines or sild, oysters, vegetables (cooked and raw), and hard-boiled eggs, all with various piquant additions, are among the most usual bases.

Almost invariably hors d'œuvres are served cold on small plates, one being set in each place before the meal begins. Alternatively they are handed, when each person helps himself.

Fruit cocktails and some fruits are served as hors d'œuvres, particularly grapefruit, cantaloupe, and some of the lesser-known tropical fruits.

OYSTER COCKTAIL

INGREDIENTS

(Enough for 2 doz. oysters.)

1½ tablespoons Worcester sauce
6 tablespoons tomato sauce
3 tablespoons vinegar sauce

Juice 1 large or 2 small lemons
Good pinch cayenne

Method.—Mix all the ingredients well together, adding the liquor from the oysters. Allow 4 to 6 oysters on the shell for each person, arranging them neatly on small plates, and serve the cocktail mixture in small paper soufflé cups, placing one on each plate of oysters. Also place 1 or 2 very small sandwiches of brown bread and butter on each plate.

MASKED SARDINES

INGREDIENTS

Lettuce
1 medium-sized tin of sild
2 hard-boiled eggs
Mayonnaise

Lemon juice
Cayenne
Tomato
Stuffed olives

Method.—Mash the fish—free from oil—with the egg whites till smooth. Add a dash of cayenne and squeeze of lemon juice. Roll into small balls, flatten top and bottom like miniature rissoles, and place 2 for each person on a crisp young lettuce leaf. Cover them well with mayonnaise, sprinkle with finely chopped egg yolk, and garnish with stuffed olive and tomato. They look more attractive if you put an olive on one roll and a small piece of tomato on the other.

DEVILLED BEETROOT

INGREDIENTS

A small beetroot	$\frac{1}{2}$ teaspoon Worcester sauce
A small piece onion	$\frac{1}{2}$ teaspoon mustard
Butter	$\frac{1}{2}$ cup milk
1 teaspoon flour	1 tablespoon cream
Pinch of salt	

Method.—Fry the onion in a little butter until it is golden brown. Make a sauce with the butter, a teaspoon flour, salt, mustard, and about $\frac{1}{2}$ teaspoon Worcester sauce, mixed smoothly and cooked with the milk. Pour over the onion and cook for a few minutes. Add the cream. Then add the sliced beetroot, cooked of course, and serve cold.

RUSSIAN SAVORY EGGS

INGREDIENTS

Hard-boiled eggs	Tomatoes
Filleted anchovies	Watercress
Mayonnaise sauce	

Method.—Cut the eggs in half, lengthwise, and remove the yolks. Chop the boned and filleted anchovies small, and mix with a little chopped watercress, and a little mayonnaise sauce, and the chopped yolks. Fill the half eggs with the mixture, piling it high. Serve on slices of tomato, or, if preferred, on slices of cucumber.

TOMATO HORS D'ŒUVRE

INGREDIENTS

Tomatoes (1 for each person)	Mayonnaise
Cold cooked vegetables	Seasoning

Method.—Cut carrots, turnips, and potato into neat dice. Cut a slice from the top of each tomato and scoop out some of the pulp. Do not break the skin. Mix the tomato pulp with the diced vegetables, and add mayonnaise. Season it and return it to the tomato cases. Garnish the top of each with a few cooked green peas.

FRUIT COCKTAIL

INGREDIENTS

2 oranges
1 small pineapple

1 dessertspoon sugar
Sherry

Method.—Peel the oranges, and after removing all the pith, skin the quarters with a very sharp knife, being careful not to let the fruit become mushy. Put these skins on one side, and extract all the juice by pressing them in a strainer. Cut the flesh of the oranges and pineapple into small pieces. Let it stand, with the juice and sugar, for a short time. Add about $\frac{1}{2}$ wineglass sherry. The quantity of sherry is gauged by the amount of juice your fruit produces. Fill glasses with the mixture, and place a mint leaf lightly on top of each.

CANTALOUPE

Cut it into fairly thick slices, remove the seeds, and serve it, leaving the rind on, as cold as possible, with ground ginger and castor sugar sprinkled over.

GRAPEFRUIT

Halve the fruit. The edges may be fancifully cut with scissors, if liked. Cut round the centre pith and remove it. Loosen the flesh from the rind and cut the flesh into segments. Sprinkle with castor sugar and leave for 2 or 3 hours before serving. Place half a glacé cherry in the centre of each as a garnish.

EGG AND CUCUMBER CUPS

INGREDIENTS

1 large or 2 small cucumbers
3 or 4 hard-boiled eggs
 $\frac{1}{2}$ lb. young green peas

Lettuce
Mayonnaise
Pepper, salt

Method.—Shell and cook the peas in the usual way, adding a pinch of carbonate of soda to give them a good color, drain and allow them to get cold. Peel the cucumbers, and cut in slices about $1\frac{1}{2}$ inches thick. Scoop out some of the seeds and centre from one end of each slice, and stand each of these cups on a crisp young lettuce leaf. Slice the top off each egg and remove the yolks, keeping the whites unbroken. Mash the yolks with the peas, and season well with salt and pepper; fill up the egg whites with the pea mixture, piling it well up. Replace the egg tops at an angle, and set an egg in each piece of cucumber. Pour some mayonnaise or good salad dressing over the eggs and serve.

PRAWNS IN ASPIC**INGREDIENTS**

Aspic jelly
Prawns

Gherkins or olives
Lettuce

Method.—Put a little of the cold, but liquid, aspic in the bottom of small moulds. When it has set, scatter over a little chopped gherkin or chopped olive. If preferred, ornament with a design, and set with a little more jelly. Fill the moulds with picked prawns (3 or 4 should be sufficient). Pour on more aspic, and leave till set. Serve icy cold on a crisp lettuce leaf. Decorate with prawns.

SHRIMP SCALLOPS**INGREDIENTS**

1 cup prepared shrimps
1 cup milk
Salt, pepper
Breadcrumbs

1 heaped dessertspoon flour
1 oz. butter
Lemon juice
Extra butter

Method.—Remove the heads, tails, and shells from the shrimps. Keep 6 of the best heads for garnishing. Melt the butter, add the flour. Remove from the fire, blend well. Add the milk by degrees, stirring all the time. Return to the fire, and, still stirring, bring to the boil. Cook for 2 minutes. Chop the shrimps and add to the sauce with a squeeze of lemon juice, and salt and pepper to taste. Fill 5 or 6 scallop shells with the mixture. Shake fine dried breadcrumbs over. Dot with butter, and cook in a moderate oven till browned. As the mixture swells slightly in cooking, it is as well not to have the scallops too full. Garnish with the heads, and serve hot.

MIXED VEGETABLES

Prepare turnips, carrots, peas, etc., for cooking, and cut the carrots and turnips into tiny rounds with a vegetable cutter or into small dice. Boil the vegetables separately until tender, and strain them. When cold, mix them together with pepper and a little mayonnaise or salad cream. Sprinkle chopped parsley over, and serve.

HORS D'ŒUVRES VARIÉS

This dish is really a little of everything or a little of several things. Any of the following ingredients are suitable :

Sardines, sild, or anchovies, omitting most of the oil ; cooked green

peas ; small waxy new potatoes, cooked and diced, and perhaps sprinkled with chopped chives or mint ; beetroot and tomato diced and flavored with salt, pepper, and vinegar ; celery hearts cut in inch lengths and frilled—split them down in several places not quite to the bottom and soak in cold water ; stuffed olives ; gherkins ; tinned pork and beans ; hard-boiled egg. A good mayonnaise should be served with one or more of the ingredients.

WHITEBAIT YACHTS

INGREDIENTS

1 small tin whitebait
4 tablespoons cream
1 small teaspoon gelatine
1 oz. butter
1 oz. flour

1 cup milk
Finely chopped parsley
Savory boats
Rice paper
Salt, cayenne

Method.—Melt the butter, add the flour. Blend well, and add the milk by degrees, stirring all the time. Season with salt and cayenne. Drain the liquid from the whitebait, add the fish to the sauce, and stir well. Fill the boats with the mixture when cold. Whip the cream, seasoned with salt and cayenne, with the gelatine, about an hour before it is needed. From the rice paper cut small triangles to represent sails, two for each yacht, and one slightly larger than the other. Place cream in the middle of each boat, shake parsley over, and *just before serving* stick the sails in the cream.

EGGS BAKED IN POTATOES

INGREDIENTS

Potatoes
Finely grated cheese
Butter

Small eggs
Salt, cayenne

Method.—Allow a smooth, round, medium-sized potato for each person. Scrub, dry, and place on a baking sheet in a moderate oven. Cook till tender from $\frac{1}{2}$ to $\frac{3}{4}$ hour. Test with a skewer. Cut off the top of each potato. Scoop out most of the centre. Season some of it—not less than half—with salt and cayenne. Mash till smooth with a little butter. Add cheese to make the mixture piquant. Return to the potato cases, leaving room in each for a small egg. Break eggs separately into a cup, and slip one into each case. Return to the oven, and cook slowly till the egg is set. When serving, place a toothpick through the side of each potato, and attach a place card.


EGGS BAKED IN TOMATOES

INGREDIENTS

4 large tomatoes	1 teaspoon chopped chives. (A
4 eggs	small quantity of fried onion will
2 teaspoons breadcrumbs	do instead.)
Salt, pepper	

Method.—Wipe the tomatoes and place them round side up. Carefully cut a piece from the centre of each, and with a teaspoon scoop out the centre, being careful not to break the tomato case. Sprinkle the cavities with salt and pepper. Add chives and breadcrumbs. Place in a buttered pie-dish and bake in a moderate oven from 20 to 30 minutes. Remove from the oven. Break the eggs one at a time into a cup and slip 1 carefully into each tomato. Make sure the cavities are large enough. Return to the oven, and cook fairly quickly till the eggs are well set, approximately a further 30 minutes. The time varies with the heat of the oven and the size of the tomatoes.

STOCKS, SOUPS & BROTHS



The making of good stock is simple when the first principles are understood. It should be the foundation of most soups.

Beef bones and trimmings make brown stock.

Veal, Fowl, Rabbit, and Mutton bones and trimmings make white stock.

Fish bones and trimmings and the water in which fish has been cooked make fish stock.

Vegetables without the addition of meat make vegetable stock.

First Stock is the liquid obtained from the first boiling.

Second Stock is obtained by reboiling the foundation of the first stock with fresh water and seasonings.

A LARGE saucepan with a close-fitting lid, a large bowl into which the stock may be strained, and a fine sieve are essential.

Stock may be made either with or without the addition of vegetables to the meat and bones.

Allow a quart of water to a pound of meat and bones, and a carrot, an onion, a small turnip, and half a stick of celery to 4 quarts of water.

Bones and meat trimmings should be freed of fat. Wash the roughly chopped bones and meat under running water. Place them in the saucepan with cold water. Add a pinch of salt, cover the pan closely, bring *slowly* to the boil, and allow to *simmer* from 4 to 6 hours. In this way all the goodness is extracted from the bones.

If vegetables are to be added, they should be washed, prepared, left whole, and added to the stock when it first comes to the boil.

Scum must be removed as it rises.

Stock containing vegetables will not keep so well during the hot weather.

Stock should be boiled every day during the summer, and strained into a clean bowl; every second day should be sufficient during the cold weather.

Herbs may be added with vegetables. Peppercorns, mace, cloves, etc., should be tied in a muslin bag.

When stock is cooked, strain it into a clean bowl. Allow to stand till thoroughly cold and remove all fat.

To clarify stock bring it to simmering-point, add a little cold water, and skim it carefully as the scum rises.

Consommés are thin clear soups.

Purées are soups thickened by their own ingredients which have been rubbed through a sieve and served in the soup.

Other Soups are thickened by the addition of a little flour, cornflour, or maizena.

Caramel for browning soups is made thus :

Put 2 tablespoons sugar and 1 tablespoon water in an iron saucepan. Place over a low heat and stir till the sugar dissolves. Then allow to cook without stirring till it is almost black. Add 2 small cups cold water. Stir till it boils. Cook for a minute, still stirring, then remove and allow to become cold. Pour into a wide-mouthed bottle, cork, and use as required.

Pieces of tissue paper placed one after the other on the surface will remove fat from hot soup.

SHEEP'S HEAD BROTH

INGREDIENTS

1 sheep's head
3 oz. rice
1 onion
2 or 3 sticks celery
1 carrot

1 turnip
 $\frac{1}{2}$ teaspoon finely-chopped parsley
2 teaspoons salt
Pinch pepper
5 pints water

Method.—Soak and wash the head well in cold salted water. Split it, place in a saucepan with the rice, previously washed, and the water. Bring slowly to the boil. Add the vegetables, peeled and cut into dice, add salt and pepper. Cover the saucepan closely, and simmer for 4 hours. Remove the head. Skim any fat from the broth, and add the parsley.

PEA SOUP

INGREDIENTS

$\frac{1}{2}$ lb. split peas
1 large onion
1 small carrot
4 sticks celery
Any trimmings of meat or ham bones
4 pints water

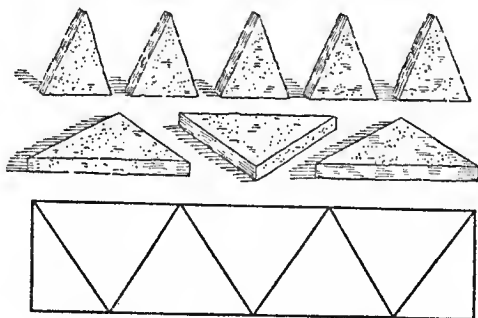
1 good tablespoon dripping
1 tablespoon flour
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon dried mint
Salt, pepper

Method.—Soak the peas overnight in enough water to cover them. Prepare the vegetables, and cut them up finely. Melt the dripping

in a saucepan, add the strained peas and vegetables, and fry for 5 minutes. Add the bones, meat, and water, bring to the boil, cover closely, and simmer gently for 3 hours, until the peas are tender. Remove the bones, and pass the soup through a sieve, rubbing all the vegetables through. Return to the saucepan, add sugar, salt, pepper, and mint (fresh mint will do, but it should be chopped very finely). Mix the flour with a little cold water and thicken the soup.

CROÛTONS OF BREAD

Croûtons of bread for garnishing should be made of finely-textured, stale bread. Cut in slices about $\frac{1}{2}$ inch thick. Remove crust. Cut in fancy shapes. How to cut triangular is shown in the accompanying sketch.



Fry in boiling fat or clarified butter, or soak in stock and brown in a greased tin in the oven. Drain on kitchen paper before serving. They should be crisp, dry, amber-colored, and hot.

If liked, sprinkle with a little grated dry cheese.

If served with pea or lentil soup, sprinkle with a little powdered mint. Croûtons may be served with soup, when they are usually diced. Cut in fancy shapes with vegetable cutters, they are useful for decorating entrées.

FISH SOUP

INGREDIENTS

Fish trimmings (heads, bones, etc.), or	Bunch herbs
1 barracouta	Salt, pepper, flour
2 quarts water	$\frac{1}{2}$ cup milk
1 onion	

Method.—Tie the herbs in a muslin bag. Peel the onion, and place both in a saucepan, with the fish, pepper and salt, milk and water. Cover closely, and simmer gently for 2 hours. Strain, season with pepper, and thicken with a little flour mixed with cold water.

ARTICHOKE SOUP**INGREDIENTS**

3 lb. artichokes	1 oz. flour
1 quart milk (or 1 pint milk and 1 pint water)	Grated nutmeg
1 oz. butter	Pepper, salt

Method.—Peel the artichokes, and place them in a saucepan with the milk, pepper, and salt. Cover, and simmer slowly till the artichokes are quite tender. Pass all through a sieve, rubbing the artichokes well through. Melt the butter in the saucepan. Add flour, blend well, and add the artichoke mixture, stirring all the time. Bring to the boil and cook for 5 minutes.

PARSNIP SOUP**INGREDIENTS**

3 or 4 parsnips	2 pints rabbit or other white stock
1 onion	1 pint milk
1 oz. butter	Juice of half lemon
1 dessertspoon flour	Salt, pepper

Method.—Prepare the vegetables and cut them into thin slices. Fry with the butter, in a saucepan, without browning, for about 10 minutes. Add the stock, and simmer, closely covered, for about $\frac{3}{4}$ hour, till the parsnips are tender. Pass all through a sieve. Melt the butter, add flour, blend well, add the parsnip mixture, milk, and pepper and salt to taste. Cook for 5 minutes, and add the lemon juice.

MULLIGATAWNY SOUP**INGREDIENTS**

2 quarts white stock	2 tablespoons curry powder
$\frac{1}{2}$ cup milk	1 doz. button mushrooms (if procurable)
White flesh of rabbit or chicken	

Method.—Cut the rabbit into neat dice, and place, with the mushrooms, in a saucepan; add the stock, and seasoning if necessary. Cover the saucepan, and simmer for about 1 hour. Mix the curry powder with the milk and add to the boiling soup.

PUMPKIN SOUP**INGREDIENTS**

1 lb. flesh of a pumpkin	1 oz. butter
1 quart water	1 oz. flour
$\frac{1}{2}$ pints milk	1 teaspoon sugar
Salt, pepper	

Method.—Peel the pumpkin, remove the seeds, and cut the required quantity of flesh into convenient pieces. Cover with the water, and boil till all is reduced to a pulp, taking care that it does not burn. Add the milk boiling hot, mix, and pass through a sieve. Add sugar, and salt and pepper to taste. Melt the butter, add flour, blend well, add the pumpkin, and cook for 5 minutes.

POTAGE MAIGRE AU LAIT

INGREDIENTS

4 large potatoes	2 quarts water
2 onions or leeks	1 pint milk
2 oz. butter	1 teaspoon salt, pinch pepper, flour

Method.—Peel the potatoes and onions and cut them in four. Bring the water to the boil, add the potatoes, onions, butter, and seasoning. Cover and allow this to simmer for an hour or more. Strain and rub the vegetables well through a sieve. Add the milk, bring to the boil, stir in a little flour, mixed with cold water, and cook for 15 minutes longer.

MACARONI SOUP

INGREDIENTS

2 pints stock	Heaped tablespoon cornflour
$\frac{1}{2}$ pint milk	Grated cheese, pepper and salt
2 oz. macaroni, in short lengths	

Method.—Wash the macaroni, and simmer till tender in the stock. Blend the cornflour with the cold milk, and stir into the soup. Cook for 10 minutes longer, season to taste, and serve with finely grated cheese, handed separately.

POTATO SOUP

INGREDIENTS

3 medium-sized potatoes	1 quart milk
1 small onion chopped up	1 tablespoon butter
1 tablespoon finely-chopped parsley	1 oz. flour
Pinch celery salt	Pepper and salt

Method.—Boil the potatoes till soft, drain the water off, rub them through a sieve. Boil the onion in milk, with the celery salt, for $\frac{1}{2}$ hour. Strain and add the potatoes to the milk. Melt the butter, add flour, blend well, add the milk and potatoes, season to taste, and cook for 5 minutes.

EGG SOUP

INGREDIENTS

1 quart white stock
 1 cup cream

4 egg yolks
 Salt and pepper

Method.—Beat the egg yolks and add the cream. Heat the stock well, but do not allow it to boil. Add the eggs and cream, and salt and pepper to taste. Stir it at the side of the fire, or over a very slow gas, until the soup thickens. On no account allow it to boil.

WHITE VEGETABLE SOUP

INGREDIENTS

1 pint stock
 1 pint milk
 1 tablespoon flour
 1 carrot
 1 turnip

Stick celery, bacon rind
 Small onion or half a leek
 Salt and pepper
 Butter
 Grated cheese

Method.—Shred the vegetables and simmer gently in the stock, adding a rind or two of bacon, if available. A little lettuce, too, could be added. When the vegetables are soft, extract the rind, and add the milk, in which the flour has been smoothly mixed. Stir till it thickens, add salt and pepper, a tiny pinch of dried herbs, and a little chopped parsley. Simmer for 5 minutes, taking care that it does not burn. Just before serving add a small lump of butter and a little grated cheese.

KIDNEY SOUP

INGREDIENTS

1 an ox kidney
 2 pints good stock
 Salt and pepper

1 tablespoon flour
 1 dessertspoon dripping

Method.—Wash the kidney, and cut it into small pieces. Melt the dripping in a saucepan, and, when smoking hot, add the kidney. Fry slightly, add the flour, and stir it well in. Add stock, and season with pepper and salt. Cover the saucepan closely, and simmer 2 hours.

CELERY SOUP

INGREDIENTS

3 pints white stock (or half milk and
 half water)
 1 head celery
 1 small white onion

1 oz. butter
 1 oz. flour
 Pepper and salt

Method.—Wash and cut up celery and onion, and put them into a saucepan with the stock. Season with pepper and salt, and simmer with the saucepan closely covered for an hour. Strain, and rub the vegetables through a sieve. Melt the butter, add the flour, and blend well. Then add the strained purée and more butter and salt, if necessary. Stir until it boils, and cook for 3 minutes.

CHESTNUT SOUP

INGREDIENTS

$\frac{1}{2}$ lb. chestnuts
1 onion
1 $\frac{1}{2}$ pints stock
1 oz. flour

1 oz. butter
 $\frac{3}{4}$ pint milk
Seasoning

Method.—Put the chestnuts into cold water, bring to the boil, and cook for 2 or 3 minutes. Strain and remove the outer and inner skin. Place chestnuts in a saucepan with the stock and onion cut in slices. Simmer gently till tender. Then rub them through a sieve. Melt the butter, stir in the flour, blend well. Add the milk and the chestnut purée. Cook slowly, keeping it stirred until it comes to the boil. Add seasoning to taste, and serve.

MUSHROOM SOUP

INGREDIENTS

1 pint milk
1 pint stock
1 lb. mushrooms
2 oz. butter

2 oz. flour
1 onion
Salt, pepper
1 bay leaf

Method.—Clean and peel the mushrooms. Remove the stalks and chop roughly. Chop the onion also, and cook slowly together in the butter for 10 minutes. Remove from the fire. Stir in the flour and mix well. Add the stock and bay leaf, and stir till it boils. Pour in the milk and simmer, closely covered, for 20 minutes. Rub through a hair sieve, re-heat, season, and serve.

TOMATO SOUP

INGREDIENTS

2 lb. tomatoes
3 pints stock
A small piece of celery when in season
1 oz. butter

Pepper, salt
1 tablespoon cornflour
1 or 2 carrots
2 onions

Method.—Prepare the carrot and onion, and cut in slices. Melt the butter in a saucepan. Add the prepared vegetables, and cook them

for a few minutes without browning. Remove from the fire, add the tomatoes cut in slices, the stock, seasoning, and celery. Cover and simmer until tender. Then rub through a hair sieve. Return the purée to the pan. Stir in a little cornflour, mixed with cold water. Boil the soup for a few minutes. Season and serve.

ASPARAGUS SOUP

INGREDIENTS

1 tin of asparagus	$\frac{1}{2}$ pint white stock
1 oz. butter	1 dessertspoon chopped parsley
1 oz. flour	Salt, pepper
$\frac{1}{2}$ pint milk	

Method.—Cut off the extreme tips of the asparagus and rub the remainder of the stalks through a sieve. Melt the butter in a saucepan, add the flour, and when well blended stir in the stock and asparagus liquor. Add the sieved asparagus, and bring the soup to the boil, keeping it well stirred. Add the milk and asparagus tips, and season to taste. Cook for 2 or 3 minutes, then stir in the chopped parsley, and serve.

SWEET CORN SOUP

INGREDIENTS

1 tin sweet corn	1 oz. flour
1 small onion	Yolk of 1 egg
$\frac{1}{2}$ pints milk	1 teaspoon chopped parsley
1 pint stock or water	Seasoning to taste

Method.—Turn the corn into a saucepan with the chopped onion and stock. Simmer together for about 30 minutes. Rub the corn through a fine sieve. Put the purée back into the pan, and add the milk, leaving a little to mix the flour to a smooth cream. Bring to the boil, stir in the thickening, add seasoning to taste, and cook for 5 or 6 minutes, stirring well. Before serving, let the soup go just off the boil, and carefully stir in the beaten yolk of egg. Sprinkle the chopped parsley on top, and serve.

OXTAIL SOUP

INGREDIENTS

1 small oxtail	1 teaspoon mixed dried herbs
2 onions	2 cloves
1 large carrot	6 peppercorns
1 stick celery	1 quart water
1 oz. dripping	1 pint stock
1 oz. flour	Salt

Method.—Melt the dripping in a large stewpan, add the peeled and sliced onions, and fry till lightly browned. Wash the oxtail, dry and joint it, coat with flour, and fry with the onion until browned. Add the carrot and celery cut into small pieces, seasonings, and stock. Cover closely, and bring gradually to the boil. Simmer for 5 hours. Thicken with flour mixed smoothly with cold water. Take out the oxtail and herbs, etc., which should be tied in a muslin bag. Serve the soup very hot.

ICED SOUPS

Iced soups deserve to be more popular here. They are wonderful appetisers in hot weather. Several kinds, asparagus and tomato particularly, lend themselves admirably to the adventure. Make the soup in the usual way, and chill it thoroughly.

FISH



hot and cold

A LITTLE time and trouble are necessary in the choice and preparation of fish, if the result is to be good.

Some hints on choosing fish are on page 9.

When cleaning and scaling fish, use cold water, never hot.

To fillet a fish, place it flat on the table or a board, with the tail towards you. With a very sharp, pointed knife, cut round the head, fins, and across the tail. Then cut down the middle as deep as the bone. Making long sharp cuts, and keeping the knife as flat as possible, remove the fillet on the left side of the fish. Turn the fish round with the head towards you, and remove the second fillet in the same way. Turn the fish over, and remove the last two fillets as you did the first. Small fish, such as whiting, are boned in the same way, except that only one fillet is removed from each side. (See picture facing page 64.)

To skin the fillets, place them skin downwards on a board. Starting at the tail end, make a small cut between the flesh and skin. Dip the fingers of the left hand into kitchen salt, and take hold of the skin as firmly as possible—the salt will help considerably. Insert a sharp knife in the cut between flesh and skin, and work it along to the other end of the fillet. (See picture facing page 65.)

Do not discard the bones, skin, head, etc. They will make good stock for fish soups and stews.

When *boiling* fish, use just enough water to cover it. If you haven't a fish kettle with a strainer, put a plate under the fish; you should then be able to lift the fish, when cooked, without breaking. A deep frying pan, if broad enough, serves well if you have a lid that will cover it.

The water (salted) should be not quite boiling when the fish is put in. A teaspoonful of vinegar or a squeeze of lemon juice whitens the flesh. Simmer very gently.

Stewed fish is cooked in much the same way—simmered gently, using milk or fish stock in place of water. The milk, in most cases, is used as a basis for a covering sauce. Whiting is often done in this way. It should be filleted, coiled round, and tied in shape, or trussed with a thin skewer. Our much maligned barracouta is excellent thus, with

a surrounding sauce. Smoked fish, such as Shetland or New Zealand blue cod, may be stewed in milk, and served either with, or without, sauce.

Steaming is one of the best ways to cook fish for an invalid ; it is more digestible. Place the fish, seasoned with pepper and salt, and dotted with butter, on a buttered soup plate, over a saucepan of boiling water. Cover with another soup plate.

To *grill* fish on a gas stove, place the fish on a hot enamel plate, well buttered. Smear melted butter over the fish, and season well with pepper and salt. Turn the fish once, and just before serving squeeze lemon juice over. Add more butter, and a sprinkling of finely chopped parsley, if liked.

When *baking* fish, butter your dish thoroughly. Put a layer of fine breadcrumbs above and below the fish. Put dots of butter, and a squeeze of lemon juice over, and season with pepper and salt. Cover with a sheet of buttered paper, and bake in the oven.

The time allowed for cooking fish depends largely on the size and nature of the fish, and the method of cooking. Roughly, allow from 6 to 10 minutes a pound, for boiled or stewed fish ; about the same for grilling and baking ; and a little longer for steaming.

Test the fish in the thickest part, with a fork or skewer. If it leaves the flesh easily, the fish is done.

When *frying* fish, either in batter or egg and breadcrumbs, remember that the fish must be perfectly dry. Mix pepper and salt with some flour, and after washing the fish, dry in a cloth, and dip in the seasoned flour. Beat up an egg on a plate, and have plenty of fine, even breadcrumbs on a paper. Take the fish from the flour, place in the egg, coat well, and then into the crumbs. Shake it about gently until well and evenly covered.

There are two ways of frying fish. If just enough good clear fat or frying oil to cover the bottom of the frying pan is used, it is called shallow or dry frying.

The other method is to use a deep saucepan with plenty of good fat or oil to cover the fish. This is called deep or wet frying.

The fat is ready to receive the fish when a faint blue smoke arises, or when a small piece of bread dropped into it browns immediately. The fish will be cooked when it is a light golden brown.

When deep frying, it is better to use a frying basket. The removal of the fish is then simple. If no basket is available, a slice should be used. Always drain the fish on crumpled kitchen paper before serving.

When cooking fish in batter, wash, dry, and flour the fish, as directed for egg and breadcrumb frying, before coating it with batter, for which the following is a good standard recipe :

BATTER

INGREDIENTS

2½ tablespoons flour	½ breakfast-cup warm water
1 dessertspoon melted butter	Pinch salt
1 egg	

Method.—Sift flour and salt into a basin, make a well in the middle, drop in the yolk of egg and mix, adding the water by degrees. Then add butter. Allow the mixture to get cold. Beat the white of egg to a stiff froth, and add. The batter is improved if allowed to stand some hours before the white of egg is added.

Fish is usually garnished with lemon, cut in fancy slices or convenient chunks, and parsley, finely chopped, in sprigs, or fried. To fry parsley, the sprigs must be perfectly dry. Place them in the frying basket, and plunge, for 2 seconds, into boiling fat. It should be quite crisp, if properly cooked. Allow to drain on paper before serving.

FISH SOUFFLÉS

INGREDIENTS

2 cups flaked salmon or tinned lobster	3 eggs
1½ cups white sauce	Pepper and salt

Method.—Add the fish to the hot sauce. Beat in the egg yolks one at a time. Flavor with pepper and salt, and a little finely chopped parsley, if liked. Let it get cool. Then fold in the stiffly beaten whites of eggs, and bake 20 to 30 minutes in a fairly hot oven. Serve with hot tomato sauce.

SALT COD IN BROWN GRAVY

INGREDIENTS

1½ lb. salt cod	1 large parsnip
1 oz. lard	1 teaspoon chopped parsley
1 oz. flour	Pepper

Method.—Wash the fish thoroughly and place in enough cold water to cover it. Simmer for 10 minutes. Discard the water. Peel the parsnip, and cut into thick slices. Boil for 10 minutes, drain, and place on a cloth to dry. Melt the lard, and fry the parsnip till brown. Remove the parsnip. Add the flour and brown it. Add ½ pint water, and stir till it boils. Put in the fish and parsnip, and simmer gently for about 15 minutes. Add the chopped parsley and pepper to taste. Serve with the slices of parsnip round the dish.

CREAMED FISH**INGREDIENTS**

½ pint milk
 1 onion
 A few cloves
 1 oz. butter
 Salt and cayenne

½ cup breadcrumbs
 1 egg
 6 oz. cold fish
 2 tablespoons cream
 Parsley, finely chopped

Method.—Peel the onion and stick a few cloves into it. Place in a saucepan with the milk and butter. Allow to stand at the side of the fire for an hour to flavor the milk. Boil the egg hard, cut in halves, and remove the yolk. Cut the white into small pieces, and press the yolk through a fine sieve. Remove all skin and bones from the cooked fish, and flake the flesh into very small pieces. Bring the milk to the boil, remove the onion and cloves, and sprinkle in the breadcrumbs. Add the flaked fish, white of egg, and salt and cayenne to taste. Mix all together, and stir over a very low gas until it is all thoroughly hot. Add the cream to the fish, reheat again for a few minutes, then turn it all on to a hot dish, and garnish with alternate lines of parsley and yolk of egg.

CURRIED COD**INGREDIENTS**

1 lb. smoked cod
 1 oz. butter
 1 tablespoon flour
 ½ pint milk or fish stock
 1 tablespoon chopped parsley

1 small onion
 1 dessertspoon to 1 tablespoon curry powder (according to taste)
 Squeeze of lemon juice
 Pepper and salt

Method.—Simmer the cod gently till cooked. Remove all bones. Fry the onion, chopped finely, in the butter, till golden brown. Add flour, curry powder, lemon juice, and parsley. Add the milk, and stir over the fire till it thickens. Season with pepper and salt (sparingly). Add the cod, which should not be flaked too finely, and simmer for a few minutes.

COD AND MACARONI PIE**INGREDIENTS**

1 lb. cooked smoked cod
 ½ lb. macaroni
 1 pint milk
 1 good tablespoon flour

4 oz. grated cheese
 1½ oz. butter
 Salt and pepper

Method.—Cook macaroni in plenty of boiling salted water, for 20 minutes. Drain water off. Add milk, and cook in a double sauce-

pan for $\frac{1}{2}$ hour longer. Thicken with the flour, blended with a little cold water, and stir butter, half the cheese, salt and pepper well in.

Well grease a piedish, put in a layer of fish, flaked and free from bones. Cover with macaroni. Add a sprinkling of cheese, and repeat, until the dish is full. Bake in a brisk oven, till nicely browned.

SMOKED COD WITH EGG SAUCE AND PARSNIPS

INGREDIENTS

1 lb. cooked smoked cod
 $\frac{1}{2}$ pint milk
2 hard-boiled eggs

1 tablespoon butter
1 tablespoon flour
Pepper and salt

Method.—Melt the butter, add flour, stir well, and gradually add the milk; season with pepper and salt. Cook for 2 minutes, add the finely chopped eggs, retaining 1 yolk. Add the flaked cod, and heat all thoroughly. Just before sending to table, sprinkle over the remaining egg yolk, pressed through a fine strainer or sieve.

Boiled parsnips should surround the fish.

BARRACOUTA STEWED IN MILK

INGREDIENTS

Barracouta
 $\frac{1}{2}$ pint milk
1 oz. butter
1 heaped tablespoon flour

Pepper and salt
1 tablespoon cream (may be omitted)
Finely-chopped parsley or 1 hard-boiled egg

Method.—Make the milk hot, and put in the fish, previously filleted, and trussed or tied in coils. Simmer very gently for about $\frac{1}{2}$ hour. Remove when cooked. Take out the skewers, and keep the fish hot while making the sauce. Melt the butter, add flour, and blend well. Add the milk in which the fish was cooked, and the seasoning. Boil for 2 minutes, remove from the fire, add cream, and pour over and around the fish. Sprinkle with parsley or egg, and serve.

PRAWNS IN BATTER

INGREDIENTS

Prawns

Batter

Cayenne

Method.—Remove the heads and tails of the fish, keeping some heads for garnishing, and peel the bodies. Coat with batter, and drop into deep boiling fat. With a frying basket in the saucepan it is an easy matter to remove the fish. When done, drain on crumpled kitchen paper, shake cayenne over, and a little salt. Serve with small chunks of lemon, and prawns' heads as a garnish.

DEVILLED WHITEBAIT

INGREDIENTS

1 tin whitebait
Flour

Salt
Cayenne

Method.—Drain the fish in a sieve or strainer, to get rid of the liquid. Have plenty of flour on a paper. Drop the fish into this, and shake the paper well till the fish are well covered. Put them into a frying basket, and gently tap it to get rid of any superfluous flour. Have a pan full of boiling fat, and test it with bread, as directed for fried fish. Plunge the basket of fish into this, and shake it gently for 2 or 3 minutes, when the fish should be cooked. Toss them lightly on to a sheet of paper, freely sprinkled with salt and cayenne. Dust with more salt and cayenne, and shake them about a little on the paper. Garnish with one or two sprigs of parsley and cut lemon. Serve at once with thin brown bread and butter.

OYSTER SOUFFLÉ

This recipe is somewhat extravagant, but isn't it nice to be extravagant, now and again?

INGREDIENTS

3 doz. oysters
 $\frac{1}{2}$ pint oyster liquor
3 eggs
1 gill cream

1 oz. butter
2 oz. flour
Salt
Cayenne

Method.—Mince finely, and pass through a sieve, 2 dozen of the oysters. Melt the butter. Add flour and blend well, then the liquor, and stir over the fire till it thickens, and leaves the sides of the sauce-pan. Remove at once and put, with the pulped oysters, into a bowl. Pound and mix well, and add the yolks of eggs, one at a time, salt, cayenne, and cream. When these are thoroughly well mixed, whip the egg whites to a stiff froth, and fold them lightly into the mixture. Then put in the extra oysters, each one cut in four. Bake or steam at once. (See method of cooking under Puddings.)

It is a good plan to stand the tin on something—a large round pastry cutter, or a small wire cake stand. The water should not reach higher than one-third of the way up the sides of the tin. Cover with a buttered paper. Put the tin into boiling water, and steam very gently for $\frac{3}{4}$ hour. The paper must all be very carefully removed before the soufflé is turned on to a hot dish. Serve at once.

OPEN FISH PIE

INGREDIENTS

- | | |
|------------------------------------|--------------------------------------------------------------------|
| 1 lb. cooked fish or tinned salmon | 2 cups potato seasoned and mashed
with milk and a little butter |
| 1 pint white sauce | |

Method.—Line an open pie plate with the mashed potato. Free the fish from skin, bone, and liquid. Mix it with the white sauce. Fill the prepared plate, and bake in a moderate oven till nicely browned.

MAYENNE OF FISH

INGREDIENTS

- | | |
|-------------------------|-------------------------------|
| 1 small tin salmon | 1 good teaspoon anchovy sauce |
| 2 eggs | $\frac{1}{2}$ cup milk |
| 2 oz. fresh breadcrumbs | Pepper |

Method.—Remove skin, bone, and liquid from the salmon. Break up the fish. Add breadcrumbs previously soaked in milk, anchovy, and a shake of pepper. Mix well and add the beaten yolks of the eggs. Whip the whites stiffly and stir into the other ingredients. Pour into a buttered bowl. Tie buttered paper over the top, and steam for $\frac{1}{2}$ hour. Unmould and serve hot with parsley sauce.

CRAYFISH CUTLETS

INGREDIENTS

- | | |
|---------------------------|--------------------------|
| 1 small crayfish | $1\frac{1}{2}$ cups milk |
| Salt, pepper, lemon juice | Extra flour |
| 2 oz. butter | Egg |
| 2 oz. flour | Breadcrumbs |

Method.—Remove the claws carefully and place them on one side. Cut the crayfish open down through the back. Remove the flesh and mince it up finely. Reserve the clean shell as a prop for the finished cutlets. Melt the butter in a saucepan. Add the flour. Remove from the fire. Blend well, and add the milk by degrees, till the paste is smooth. Return to the fire, and bring to the boil, stirring all the time. Remove from the fire, add the prepared fish, a good squeeze of lemon juice, and salt and pepper to taste. Beat all well together, and turn on to a cold plate, dividing the mixture into suitable cutlet-shaped portions, and allow to become quite cold. Prepare the claws to represent the bones of the cutlets. Take each cutlet singly, roll lightly in flour, then in beaten egg, and coat well with breadcrumbs. Fry in plenty of boiling fat till lightly browned, and drain on kitchen paper. Insert a "bone" in each. Place the empty shell in the centre of a hot dish. Prop the cutlets against this, and garnish with sprigs of parsley.

KEDGEREE

INGREDIENTS

4 oz. rice	2 hard-boiled eggs
Small tin salmon or $\frac{1}{2}$ lb. other cooked fish	2 oz. butter
	Salt, pepper

Method.—Cook the rice in plenty of boiling salted water till the grains are soft and separate (do not allow them to become mushy); from 12 to 15 minutes should be right. Then drain it well. Remove skin, bone, and liquid from the salmon. Mash the fish and the eggs, reserving a little yolk for decoration, and add both to the rice. Melt the butter in a saucepan, add the mixture, and heat thoroughly through, stirring often. Serve piled on a hot dish with the remaining egg yolk pressed through a sieve and sprinkled on top.

CRAYFISH CREAM

INGREDIENTS

1 medium-sized crayfish	Breadcrumbs
1 oz. butter	Salt
1 oz. flour	Cayenne
1 cup milk	Lemon
2 tablespoons cream	Parsley

Method.—Make a sauce by melting butter, add flour, and stir till smooth. Add milk gradually, stirring all the time, and boil for 2 minutes. When cold, add cream, salt, cayenne, and squeeze of lemon juice. Cut cray into $\frac{1}{2}$ -inch pieces, and add. Butter the dish and pour in mixture. Sprinkle with breadcrumbs, dot with butter, and bake till nicely browned—about $\frac{1}{2}$ hour.

Have ready some tiny sprigs of parsley, slices of lemon, and four claws. Garnish with these just before serving.

SALMON PIE

INGREDIENTS

1 small tin salmon	Breadcrumbs
Mashed potato	Butter
Salt, pepper	Milk

Method.—Free the salmon from skin and bone, and mash it well with the potato, adding a little milk if it seems too stiff. Season with pepper and salt. Turn the mixture into a piedish, sprinkle with breadcrumbs. Dot with butter or good dripping, and bake in a good oven for about 30 minutes.

SALMON CAKES

INGREDIENTS

1 small tin salmon
1 dessertspoon anchovy sauce
Pepper, salt, and cayenne

1 tablespoon butter
1 egg
Breadcrumbs or cold potatoes

Method.—Flake the salmon finely, season it, and add the anchovy and butter. Beat up the egg, and thicken it either with breadcrumbs or any left-over mashed potato. Mix with the fish. Form into small rolls, dip in egg and breadcrumbs. Fry in boiling fat until they are golden. Drain and serve.

CURRIED CRAYFISH

INGREDIENTS

1 medium-sized crayfish
1 onion
1 apple
1 tablespoon chutney
1 tablespoon tomato sauce
1 tablespoon plum jam
1 tablespoon butter

1 heaped dessertspoon flour
1½ cups milk
1 dessertspoon curry powder
Salt
4 oz. boiled rice
1 lemon
Parsley

Method.—Peel and cut up the onion in fine rings. Peel, core, and chop the apple into small dice. Melt the butter in a saucepan. Add the onion and apple, and fry till browned. Add the jam, chutney, tomato sauce, and curry powder. Heat again, add the flour, and blend well. Remove from the fire, add salt to taste, and, stirring all the time, bring to the boil. Simmer gently for 10 minutes. Meanwhile, cut the crayfish down through the back, remove 4 or 5 good claws and set aside for garnishing. Take the meat from the shell, the remaining claws included, and chop it up—not too finely—add to the hot mixture. Allow to come just to the boil again, and serve surrounded with a border of cooked rice. Garnish with claws, quarters of lemon, and sprigs of parsley. To boil the rice, take a saucepan with plenty of fast-boiling water, pour in the washed rice, and cook fast from 12 to 15 minutes. Begin to test the rice after 12 minutes' boiling, and immediately it is tender, strain through a colander. Shake well, and use as required.

FISH KROMESKIES

INGREDIENTS

½ lb. cooked fish
8 wide rashers bacon, cut very thinly
2 oz. butter
3 heaped dessertspoons flour
A little less than a cup milk
1 teaspoon finely-chopped parsley
Salt, pepper

For the batter :

3 oz. flour
1 dessertspoon melted butter
½ cup warm water
1 egg white
Pinch salt

Method.—Make the batter beforehand, as it should stand for at least an hour before it is needed. Sift the flour and salt into a bowl. Make a well in the centre. Pour in the melted butter, then the warm water, by degrees, and using a wooden spoon, gradually stir in the dry flour, till all is incorporated. Beat thoroughly, and stand aside till ready to use, when the stiffly whisked egg white should be stirred in. Free the fish from skin and bones, and flake finely. Melt the butter in a saucepan, add the flour, blend well, remove from the fire, and gradually stir in the milk. Return to the fire, and, stirring all the time, bring to the boil. Cook for a minute, add the prepared fish, parsley, and salt and pepper to taste. Mix well and turn on to a plate. Spread it out evenly, and leave till cold.

Remove the rind from the bacon, and cut each rasher across in half, making 16 pieces. Divide the fish mixture into 16 portions. Roll each in the hands, using a little flour to prevent sticking, into a small sausage, no longer than the width of the bacon rashers. Roll up each sausage in a piece of bacon, and when they are all prepared, complete the making of the batter, which should be of a thick coating consistency. Dip each roll in this, and fry slowly in deep boiling fat, till nicely browned, allowing time for the bacon to cook through. Fry only 3 or 4 at a time, or the fat may go off the boil, and the kromeskies will be sodden. Drain on kitchen paper, and serve on a hot dish as soon as possible, garnished with small sprigs of parsley.

FRIED FLOUNDER AND POTATO CHIPS

INGREDIENTS

Flounder
Egg
Fine breadcrumbs
Flour

Salt
Lemon
Parsley

Method.—Trim the fins and tail with scissors. After washing and drying the fish thoroughly cover lightly with flour sifted with a pinch of salt. Dip into beaten egg, then into breadcrumbs, pressing them well on. Fry in a small quantity of fat, turning the fish once, till nicely browned, about $\frac{1}{4}$ hour altogether. Drain on kitchen paper, and serve garnished with lemon and parsley sprigs, together with potato chips.

POTATO CHIPS

Peel the potatoes, cut them into long narrow strips, wash them in cold water, and dry in a cloth. Have ready a deep saucepan with plenty of boiling fat. Put in the chips—using a frying basket if possible. Keep turning them, to fry evenly, and cook till crisp and nicely browned. Drain on kitchen paper, sprinkle with salt, and serve.

SALMON EGGS

INGREDIENTS

$\frac{1}{2}$ lb. tin red salmon	Salt, pepper
4 hard-boiled eggs	Beaten egg
About 2 cups hot mashed potato	Fine dried breadcrumbs

Method.—Free the salmon from skin and bone and pound up the fish. Mix with the potatoes, which should be freshly boiled and mashed.

Shell the hard-boiled eggs, and divide the salmon mixture into 4 equal portions. Take one portion, roll it into a rough ball, and press an egg gently into the centre, moulding the mixture round with the hands till the egg is evenly and completely covered. Dip in beaten egg, roll in breadcrumbs, and fry in a basket with plenty of boiling fat till nicely browned. Drain on kitchen paper, cut each one across in half, and serve.

BAKED OYSTERS

INGREDIENTS

18 oysters in the shells	Soft breadcrumbs
$\frac{1}{2}$ cup thick white sauce	Cayenne
Butter	Lemon juice

Method.—Remove the oysters from the shells and beard them. Wash the shells thoroughly. Dry them, and grease well with butter. Put a teaspoon of sauce into each. Place an oyster on this, add a drop or two of lemon juice, and sprinkle with cayenne. Add a little more sauce over the oyster, sprinkle with breadcrumbs. Add a dot of butter. Bake in a hot oven, till the top is just colored, from 8 to 10 minutes. Serve on a folded table napkin garnished with cut lemon and sprigs of parsley.

SILD OR SARDINE FRITTERS

INGREDIENTS

<i>For the batter</i>	Milk
3 tablespoons flour	Salt
1 egg	

Method.—Sift flour and salt into basin. Make a well in the middle. Beat the egg and add with enough milk to make the mixture run easily. Mix well, and allow to stand before using. Pour the oil from the fish, coat each fish with batter, and dry fry (in a frying pan), turning the fritters once. Drain on crumpled paper.

SALMON LOAF**INGREDIENTS**

- | | |
|--------------------------------|---------------------------------------|
| 1 lb. tinned salmon | 2 beaten eggs |
| 1 cup boiling milk | 1 tablespoon melted butter |
| 1½ cups fine dried breadcrumbs | 1 teaspoon parboiled onion (if liked) |
| 1 teaspoon salt | 1 teaspoon finely-chopped parsley |

Method.—Remove skin and bone from the salmon. Mix other ingredients with the salmon, and steam in a greased basin, covered with buttered paper, for $\frac{3}{4}$ hour. Turn out and serve. A good white sauce, flavored with anchovy sauce, may be poured over or served separately, if liked.

CRISS-CROSS PIE**INGREDIENTS**

- | | |
|---------------------------------------|---------------------------------------|
| About $\frac{1}{2}$ lb. cold fish | 1 oz. grated cheese |
| 2 or 3 medium-sized potatoes (cooked) | Pepper and salt |
| 2 tomatoes | Small quantity of short crust or puff |
| 1 oz. butter | paste |

Method.—Skin the tomatoes and fry in the butter. Mix in the flaked fish, mashed potatoes, pepper, and salt. Turn all into a deep enamel plate, and shake grated cheese over. Put a strip of pastry on the edge of the plate (damp the plate to keep pastry in position). Make as many curly twists of pastry as you have paste for, or will fit over the pie, as the case may be, placing them to get a criss-cross effect. Bake in a hot oven till nicely browned.

CURRY FISH CAKES**INGREDIENTS**

- | | |
|-----------------------------|-----------------|
| $\frac{1}{2}$ lb. cold fish | Gravy |
| 4 tablespoons mashed potato | Pepper and salt |
| 1 egg | Curry powder |
| Dried breadcrumbs | Milk |

Method.—Mash the fish with the potato, add seasoning, and enough milk to form all into a softish mass. It is wise to add the milk by degrees, trying between times if the mixture will roll easily between the hands. Roll into balls, flatten slightly top and bottom, dip in beaten egg, and coat with breadcrumbs. Fry in boiling fat in a frying pan, turning once. Make some brown gravy (left-over gravy will do). Add curry powder to taste, and pour round the fish cakes.

STEAMED WHITING AND OYSTER SAUCE

INGREDIENTS

6 filleted whiting	1 heaped dessertspoon flour
6 oysters	1 teaspoon finely-chopped parsley
From $\frac{1}{4}$ to 1 pint milk	Salt, pepper
2 tablespoons butter	3 stuffed olives

Method.—Beard the oysters, reserve the beards and liquor, and chop up the oysters roughly. Wash the whiting, and remove any bones that may have been left by the fishmonger. Double each fish over, skins inside, and roll them round your finger, beginning with the thick end. Secure each roll with a tiny skewer. Melt a little butter in a saucepan. Put in the fish carefully. Just cover the rolls with milk. Add the beards and liquor from the oysters, $1\frac{1}{2}$ dessertspoons of butter, and a little salt. Cover closely and simmer gently till tender, from 20 to 30 minutes. Remove the skewers, place the rolls on a dish to keep hot, while you make the sauce. Strain the liquid, melt the butter in a saucepan, add the flour, and blend well. Stir in, gradually, 1 large cupful of liquid. Add the parsley and a little pepper. Bring gradually to the boil, stirring well with a wooden spoon. Cook for 2 minutes, remove from the fire, add the cut-up oysters, and pour the sauce over and round the rolls. Place half a stuffed olive in each roll, and serve at once.

DEVILLED OYSTERS AND SPAGHETTI

INGREDIENTS

$\frac{1}{4}$ lb. spaghetti	1 tablespoon tomato sauce
1 tin oysters	Breadcrumbs
1 cup white sauce	Butter
1 egg yolk	Squeeze lemon juice
1 tablespoon Worcester sauce	Salt, pepper, mustard
1 dessertspoon curry powder	

Method.—Add to the white sauce the egg yolk, sauces, curry powder, salt, pepper, pinch mustard, and lemon juice. Mix well. Drain away the liquor from the oysters, and stir them into the mixture. Cook the spaghetti in plenty of boiling salted water for 20 minutes. Drain, and add to the mixture. Butter a piedish, or individual dishes. Fill with the mixture, shake breadcrumbs over, dot with butter, and cook under the griller.

FRIED OYSTERS

INGREDIENTS

2 doz. oysters	Salt, pepper
Egg	Bacon
Very fine dried breadcrumbs	

Method.—Drain the liquor from the oysters and remove the beards. Cover the oysters with beaten egg. Salt and pepper them, and roll each in breadcrumbs. Fry in boiling fat, about 1 minute on each side, drain on kitchen paper, and serve at once, with curls of fried bacon.

COLD FISH

CRAYFISH SALAD

INGREDIENTS

Crayfish, lettuce, and tomato

For the Horseradish Cream :

- | | |
|-----------------------------------------|-------------------------------------|
| 2 tablespoons finely-grated horseradish | 1 tablespoon castor sugar |
| 1 tablespoon vinegar | 1 small teaspoon salt |
| $\frac{1}{2}$ pint cream | $\frac{1}{2}$ teaspoon made mustard |

Method.—Whip the cream stiffly, add the horseradish, sugar, salt, and mustard. Mix well, gradually stir in the vinegar, and set on ice till required. Reserve the best claws for garnishing, and cut up the flesh of the crayfish. Wash, dry, and shred the lettuce very finely. Place it on a suitable dish, and cover it with the fish. Mask the whole thickly with horseradish cream, and garnish with thin slices of tomato and crayfish claws.

FISH SALAD

INGREDIENTS

- | | |
|----------------------------------------------|-------------------------------------|
| 1 cup tinned salmon, or any cold boiled fish | Lettuce, salt, pepper |
| 2 cups cold boiled rice | 1 tablespoon finely-chopped parsley |
| 3 hard-boiled eggs | 1 teaspoon lemon juice |
| | Mayonnaise |

Method.—Flake the fish, removing skin and bone. Chop the eggs roughly. Mix with the fish, add the rice, lemon juice and salt and pepper to taste, and toss all lightly and thoroughly. Place in the centre of the dish, surrounded with finely shredded lettuce, and pour the mayonnaise over.

OYSTERS ON THE SHELL IN ASPIC

INGREDIENTS

- | | |
|------------------------------------|----------------------------------------------|
| 2 doz. oysters on the deep shell | 1 dessertspoon meat extract |
| 1 hard-boiled egg | 1 slice onion |
| Finely-chopped parsley, lettuce | 1 small carrot and turnip (if you have them) |
| <i>For Aspic Jelly :</i> | Squeeze lemon juice |
| 1 dessertspoon gelatine | A clove and a bay leaf |
| 1 cup stock or water | Pepper, salt |
| $1\frac{1}{2}$ tablespoons vinegar | |

Method.—To make the aspic, dissolve gelatine in a little of the stock made hot. Put the remaining ingredients in a saucepan, and simmer for about $\frac{1}{2}$ hour. Add the dissolved gelatine, and move to the side of the stove for 10 minutes. Strain through a jelly bag, or several thicknesses of butter muslin.

Make sure no small pieces of shell adhere to the oysters. Decorate with egg white cut in fancy shapes, and pour aspic over to cover the oysters. When set, sprinkle with parsley and egg yolk, pressed through a fine strainer. Serve on the shells, on crisp young lettuce leaves.

SALMON MOULDS

These are excellent for a portable lunch.

INGREDIENTS

$\frac{1}{2}$ lb. tinned salmon	2 dessertspoons gelatine
$\frac{1}{2}$ cup hot water	1 teaspoon finely-chopped parsley
1 teaspoon good mayonnaise or salad dressing (may be omitted)	Juice of 1 lemon
	Pepper, salt

Method.—Free the salmon from skin and bone, flake the fish finely, mix in the parsley, mayonnaise, lemon juice, and pepper and salt to taste. Dissolve the gelatine in the hot water, and pour over the other ingredients. Stir well, and pour into small tumblers or cups to set. A slice of hard-boiled egg placed on top of each mould before it sets makes it even more appetising.

SALMON SHAPE

INGREDIENTS

$\frac{1}{2}$ lb. tin salmon	1 leaf gelatine
Yolk 1 egg	1 heaped teaspoon flour
A scant $\frac{1}{2}$ cup milk	A pinch salt
Butter the size of a walnut	$\frac{1}{2}$ teaspoon mustard
1 teaspoon sugar	Cayenne pepper
2 tablespoons vinegar	

Method.—Flake the salmon. Mix the flour, the dry mustard, the sugar, salt, and cayenne. Add the melted butter, the beaten yolk, and the milk. Cook till it thickens, then stir in the vinegar, and also the gelatine soaked in a little water. Add to the flaked salmon, mixing it all in well. Turn into a mould and serve with horseradish sauce and lettuce.

SALMON MOULD**INGREDIENTS**

Large tin red salmon
 1 pint hot water
 2 good dessertspoons gelatine
 Juice 1 lemon

Salt, pepper
 1 small tomato
 1 hard-boiled egg

Method.—Dissolve the gelatine in the hot water. Skin and bone the salmon, and break up the fish roughly. Add a good seasoning of salt and pepper, and the lemon juice. Slice the tomato and the egg, rinse out a square mould with cold water. When the dissolved gelatine is cold, pour in a very thin layer. Add tomato and eggs to decorate the mould, mix the salmon mixture with the cold liquid, and pour this in gently on top of the egg and tomato. Place aside till set. Unmould and serve garnished with shredded lettuce.

SALMON SALAD**INGREDIENTS**

1 large tin salmon
 1 lettuce
 1 small cucumber

2 or 3 tomatoes
 Salad dressing

Method.—Free the salmon from skin and bone, and flake it finely. Wash, dry, and shred the lettuce. Place a bed of lettuce on a suitable dish. Arrange thin slices of peeled cucumber over the lettuce, in the centre of the dish. Over this strew the salmon and the liquid from it. Pour the dressing over all, and place thin slices of tomato round as a garnish.

SMOKED COD SALAD**INGREDIENTS**

$\frac{1}{2}$ lb. cold boiled smoked cod
 2 hard-boiled eggs

Lettuce
 Mayonnaise or salad dressing

Method.—Flake the fish finely, removing skin and bone. Chop the eggs roughly, and mix with the fish. Serve on crisp young lettuce leaves, with dressing poured over.

SARDINE OR SILD SALAD**INGREDIENTS**

1 large tin sild
 1 large or 2 small lettuce
 1 hard-boiled egg

2 teaspoons capers
 Salad dressing, or plain vinegar, if preferred

Method.—Pour the oil from the sild. Skin and bone them, keeping them as whole as possible. Wash and dry the lettuce, and shred it finely. Place a layer of lettuce in a bowl, then a layer of sild, more lettuce, and so on, with sild for the top layer. Pour the dressing over, and ornament with slices of white of egg and capers. Press the yolk of egg through a sieve, and shake over the salad. Plain vinegar, used sparingly, is a welcome change from the dressing.

CRAYFISH IN ASPIC

INGREDIENTS

1 crayfish
1 pint aspic jelly
1 lettuce
2 hard-boiled eggs

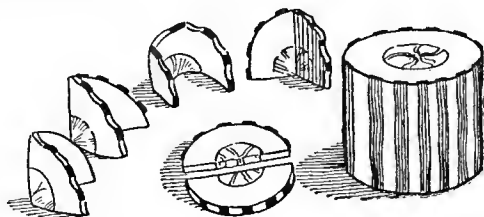
Gherkins
Olives
Mayonnaise sauce

Method.—Put a little melted aspic in the bottom of a border, or other, mould. Decorate with whatever is available—sprigs of water-cress, stars of celery, hard-boiled egg, etc. Pour in a little more aspic to set decorations in place. When set, put in the crayfish meat, cut into neat pieces, add a few slices of gherkin, and fill up the mould with the rest of the aspic. Toss the crisp lettuce in a little French dressing of salt, pepper, oil, and vinegar. Pile inside the hollow of the mould, when it is turned out, and around the dish. Garnish with the claws, the rest of the hard-boiled eggs, the olives, and sliced gherkins. Serve with a thick mayonnaise sauce.

A more economical dish can be achieved by using just the aspic, the crayfish, and the lettuce with a French dressing.

CUCUMBER GARNISH

This is effective on cold dishes, particularly when scallops of it are stuck in a border of aspic.

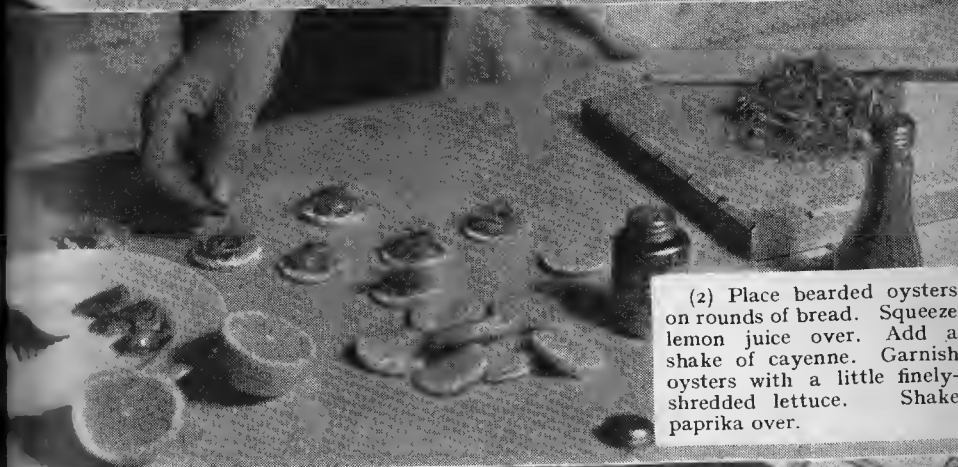


Choose a firm, straight cucumber. Cut a 2-inch block. Score the skin, not deeply, lengthways with a sharp knife in narrow strips. Remove alternate strips of peel, thus giving the cucumber a light and

dark green striped appearance. Slice as thinly as possible. (See sketch.) Arrange the pieces in a scalloped form around the dish by pinching them slightly together.

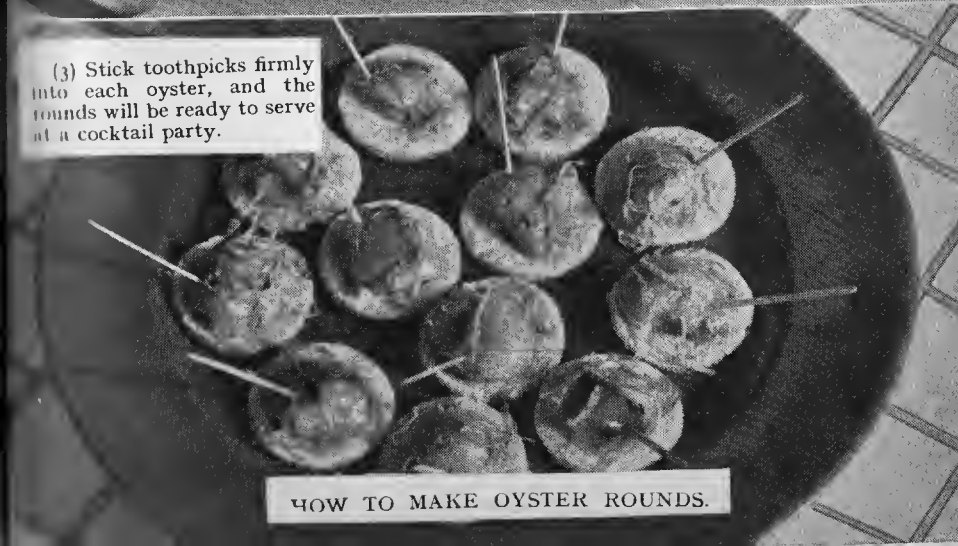
Rings of cucumber are also used for garnishing. Cut a piece of cucumber in slices about $\frac{1}{4}$ inch thick. Cut off the outer green skin with a round cutter. Then with a smaller cutter stamp out the seedy centre part. Cook the rings in salted boiling water until they are soft, without being broken. Drain, and use for garnishing either hot or cold dishes. The centres of the rings may be filled with either small pieces of tomato or radish.

Oyster rounds are tasty mouthfuls. (1) Cut thin slices of buttered brown bread. Stamp out small rounds with a sharp cutter. (See page 298.)



(2) Place bearded oysters on rounds of bread. Squeeze lemon juice over. Add a shake of cayenne. Garnish oysters with a little finely-shredded lettuce. Shake paprika over.

(3) Stick toothpicks firmly into each oyster, and the rounds will be ready to serve at a cocktail party.



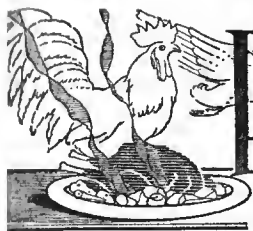
HOW TO MAKE OYSTER ROUNDS.

Salmon mould has a basis of tinned fish. (See page 46.)



Minced crayfish cunningly designed as cutlets. (See page 37, recipe for Crayfish Cutlets.)





Poultry & Game

Poultry and game call for a hotter oven than meat. When cooking a large bird, reduce the heat after 15 minutes, and cook more slowly for the rest of the time.

Frequent basting is essential when roasting game. Hints on choosing poultry are on page 9.

STUFFING FOR POULTRY

Turkey and fowl should be stuffed in the crop with the following mixture :

INGREDIENTS

- | | |
|---------------------------------------------|-------------------------|
| 4 large tablespoons fine white bread-crumbs | Grated rind of 1 lemon |
| 1 $\frac{1}{2}$ oz. butter, melted | Grated nutmeg |
| 1 tablespoon finely-chopped parsley | 1 large or 2 small eggs |
| 1 teaspoon finely-chopped marjoram | Pepper, salt |
| and thyme | A little milk |

Method.—Mix all ingredients well together till they form a soft mass. Double this quantity will be needed for a small turkey. A great improvement is the addition of $\frac{1}{4}$ lb. lean veal, ham, or pork, finely minced, but this may be omitted.

A chestnut stuffing may also be used for turkeys.

CHESTNUT STUFFING

INGREDIENTS

- | | |
|-----------------|-----------------------------------|
| 1 lb. chestnuts | 2 oz. breadcrumbs |
| 1 onion | 1 teaspoon finely-chopped parsley |
| 2 oz. butter | 1 egg |
| Salt, pepper | |

Method.—Place the chestnuts in cold water, bring to the boil. Cook for 2 or 3 minutes, and remove the outer and inner skins. Mash the nuts. Add the onion peeled and finely chopped, the butter melted,

salt and pepper to taste, and the parsley. Bind with beaten egg, and the mixture is ready for use.

Ducks and geese are stuffed in the body with a sage and onion mixture.

SAGE AND ONION STUFFING

INGREDIENTS

1 large cup fine white breadcrumbs	1 tablespoon melted butter
1 apple	A few sage leaves
2 onions	A little milk
Pepper, salt	

Method.—Peel and quarter the onions. Pour boiling water over and let stand for 10 minutes. Strain off liquor, add boiling water, and cook till tender. Chop the apple, sage leaves, and cooked onion very finely, add breadcrumbs, butter, pepper, salt, and enough milk to form all into a soft cake. Mix well; it is now ready for use. If liked, the liver of the goose, simmered for a few minutes, and finely chopped, may be included in the stuffing. A large goose would take slightly more than the given quantity.

COOKING THE POULTRY

Always use good, clear dripping when roasting poultry. A greased paper should be tied over the breast of the bird. Baste often and well. About 20 minutes before the bird is to be taken from the oven, remove the paper and allow the breast to brown.

A turkey takes from 2 to 2½ hours, according to size. A goose will take about 2 hours; a young one only 1½ hours. Ducks require approximately 1 hour, whilst ducklings would be done in 35 minutes. A large fowl will take quite 1 hour, and a chicken will need from ½ to ¾ hour. Should the fowl be old, it should be steamed first, to ensure tenderness.

TO COOK TOUGH FOWL

Method.—Stuff the fowl as for roasting. Put 1½ cups of water into a deep saucepan. In this place a small wire cake-stand or a short broad jar, and on this place the fowl, sprinkled with salt. Cover the saucepan closely. Care must be taken not to allow the saucepan to boil dry, and boiling water should be added from time to time, if necessary. Steam from 2 to 3 hours. When the flesh seems tender, roast the fowl in the usual way till nicely browned—about ½ hour. The liquor in the saucepan makes excellent gravy, and should not be wasted.

People are inclined to belittle boiled fowl, but it is extremely tasty if properly cooked and served. It is particularly good cold, covered with egg sauce.

BOILED FOWL

Method.—Place the fowl in a saucepan with plenty of hot water. Add salt, bring the water to the boil, and simmer *gently* from 1 to 3 hours, according to size. Remove any scum as it rises. A hint to keep the flesh white is this: put a few slices of lemon on the breast, and over this tie a buttered paper. Wrap the fowl in a floured cloth, and cook for the time required. When cold, pour hot egg sauce over, and allow to cool.

SAUCES AND GARNISHINGS

Brown gravy is served with all hot roast poultry. Bread sauce should accompany turkey and fowl. Goose and duck require apple sauce.

BREAD SAUCE

INGREDIENTS

1 pint milk	Pepper, salt
1 cup finely-grated breadcrumbs	1 tablespoon butter
1 onion	A little ground mace

Method.—Simmer onion in the milk till tender; discard the onion. Pour milk over the breadcrumbs, add butter and seasoning. Return to the pan, stir well, and bring just to the boil.

APPLE SAUCE

INGREDIENTS

4 apples	1 large tablespoon sugar
1 oz. butter	

Method.—Peel, core, and slice apples, put into a saucepan with enough water to prevent burning (2 cloves and $\frac{1}{2}$ a grated lemon rind add to the flavor). Simmer till soft, add sugar and butter, beat well. Remove the cloves before sending the sauce to table.

EGG SAUCE

INGREDIENTS

1 tablespoon butter	2 hard-boiled eggs
1 heaped dessertspoon flour	Pepper, salt
1 cup milk	

Method.—Melt butter, add flour, blend well. Add the milk slowly, stirring all the time. Salt and pepper to taste. Cook for 2 minutes. Mash the eggs well and add. Save a little of the egg yolk, press through a wire strainer, and sprinkle over at the last while the sauce is still hot.

The little extra touches have a great deal to do with the final appearance of a dish, and time spent on garnishing is never wasted. A roast turkey is improved if forcemeat balls or fried or grilled sausages surround it.

FORCEMEAT BALLS

INGREDIENTS

2 oz. ham
 $\frac{1}{2}$ lb. suet
 6 oz. white breadcrumbs
 2 eggs
 Salt, cayenne

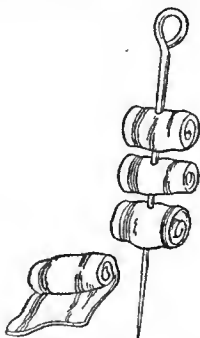
Grated rind of $\frac{1}{2}$ lemon
 1 teaspoon finely-chopped parsley
 1 teaspoon finely-chopped herbs
 Ground mace

Method.—Mince the ham and suet finely. Add all dry ingredients, and mix well. Add the well-beaten eggs. Roll into balls, and fry golden brown in boiling fat.

Roast fowl should be surrounded with small curls of fried bacon. A little fresh cress improves the appearance. Cress is also a helpful garnish if placed round cold boiled fowl. Should cress be unobtainable, young lettuce leaves will answer the purpose.

TO MAKE BACON ROLLS

Rolls of bacon are used to garnish many dishes, such as roast chicken, fillet of veal, and fricassée of tripe. Take small thin slices of bacon, free from rind. Put several on a skewer. (See sketch.)



They may be cooked in the oven between two plates or fried. When the skewer is removed after cooking, the bacon will remain curled.

RABBIT PILAU

Rabbit pilau is a casserole dish.

INGREDIENTS

A young rabbit
 $\frac{1}{2}$ lb. rice or a little more
 Onion
 Lemon

White breadcrumbs
 Bacon
 Hard-boiled egg
 Stock, milk

Method.—Boil the rice in stock until nearly cooked, and strain it. This may be done on the previous day. Soak the rabbit in strong salt and water. Joint it neatly. Squeeze lemon juice over each joint, and dust with salt and pepper. Put a layer of rice in the casserole, a sprinkling of breadcrumbs, one or two very fine slices of onion, grated lemon rind, salt and pepper. On this place a layer of rabbit, three or four small pieces of bacon, and one or two slices of hard-boiled egg. Add another layer of rice, crumbs, and seasoning, a second layer of rabbit, bacon, etc. Continue in this way till the casserole is nearly full, finishing with a layer of rice, etc. Fill the dish with stock or milk. Cover firmly and bake in a moderate oven for about 2 hours. Add more stock or milk during the cooking, if it seems necessary.

RABBIT MOUSSE

INGREDIENTS

$\frac{1}{2}$ lb. cold boiled rabbit	Yolk of 1 hard-boiled egg (for garnishing)
1 egg	Pepper, salt
$\frac{1}{2}$ cup white sauce	Ground mace or grated nutmeg
1 tablespoon finely-chopped parsley	

Method.—Mince the rabbit very finely. Add the other ingredients—the egg well beaten—and whisk all well together. Butter small moulds, and fill with the mixture. Stand them in a saucepan, with boiling water half-way up the sides of the moulds, and steam gently for about 15 minutes. The tops of the moulds should be covered with a sheet of buttered paper. Turn out, and serve decorated with finely sieved egg yolk.

RABBIT CORKS

INGREDIENTS

$\frac{1}{4}$ oz. cold cooked rabbit	1 oz. flour
$\frac{1}{2}$ oz. ham	1 gill milk
1 hard-boiled egg	Finely-chopped parsley
1 oz. butter	Salt, pepper

Method.—Mince the rabbit and ham finely. Add the egg, well mashed, parsley, and salt and pepper to taste. Melt the butter, add flour, blend well, add milk, and stir continuously till it boils. Add the rabbit mixture, and stir all well together. When cold, roll spoonfuls of the mixture into small sausages. Roll each in flour, then beaten egg, and lastly breadcrumbs. Fry—in a frying basket if possible—in deep boiling fat, till golden brown. Drain on crumpled kitchen paper, and serve.

FRICASSÉE OF RABBIT

INGREDIENTS

1 rabbit	3 heaped dessertspoons flour
1 cup milk	3 tablespoons butter
Water	1 teaspoon finely-chopped parsley
Salt, pepper	

Method.—Soak the rabbit in cold salted water for an hour. Joint it neatly, place in a saucepan, cover with water, and season with salt and pepper. Bring to the boil and simmer, closely covered, till the meat is tender, about 2 hours. Strain the liquid from the meat, put the meat on one side, measure out the liquid. Take approximately 1 pint, add milk to make 1½ pints altogether. Melt the butter in the saucepan, add flour, blend well, and by degrees add the liquid, stirring constantly. Bring to the boil, add parsley and the rabbit, and cook till heated through.

CHICKEN SPATCHCOCK

INGREDIENTS

1 very young chicken	Salt, pepper
1 oz. butter, melted	Few drops lemon juice
1 dessertspoon finely-chopped parsley	

Method.—Split the chicken through the back—lengthways. Spread out flat and keep in position with skewers. Wipe the inside with a damp cloth. Season with salt and pepper. Brush over with oiled butter and grill till cooked—about ½ hour. Mix the melted butter, parsley, and lemon juice together, and spread over the spatchcock.

CAPER GRILL

INGREDIENTS

The legs and breast of a roast chicken	1 teaspoon chopped capers
1 teaspoon freshly-made mustard	2 small teaspoons salad oil

Method.—Score the chicken deeply. Mix the other ingredients well together. Rub a little of the mixture over the chicken and fill the scores. Heat thoroughly in the oven, or grill.

CASSEROLE CHICKEN

INGREDIENTS

1 young chicken	1 rasher of bacon
6 very small onions	2 tablespoons water
6 very small new potatoes	

Method.—Place the dressed chicken with 2 onions inside it in the casserole. Put the potatoes and the remainder of the onions round the chicken. Add the water and place the bacon, with the rind removed, over the breast of the bird. Cover the casserole, and cook in a moderate oven from 1 to 2 hours, according to the size and age of the chicken. Fifteen minutes before serving, lift the lid from the casserole, move the bacon to one side, and allow the breast of the chicken to brown.

CURRIED RABBIT AND RICE

INGREDIENTS

1 large rabbit	1 tablespoon curry powder
1 onion	1 tablespoon tomato sauce
1 apple	1 tablespoon cornflour
1 oz. butter	1 tablespoon sultanas
Boiling water	1 tablespoon desiccated coconut
Salt	$\frac{1}{2}$ teaspoon lemon juice
1 tablespoon plum jam	$\frac{1}{2}$ lb. rice

Method.—Soak the rabbit in cold salted water for 1 hour. Joint it neatly. Peel the onion, cut it up, and blanch by pouring boiling water over. Peel and cut the apples into neat dice. Melt the butter in a saucepan, add onion and apple, fry lightly. Add jam, curry powder, tomato sauce, coconut, sultanas, and rabbit. Cover with boiling water. Bring all to the boil, put a close-fitting lid on the saucepan, and simmer till the rabbit is tender—about 3 hours. Add cornflour, mixed with a little cold water and lemon juice. Stir well. Simmer for 10 minutes longer, and serve with boiled rice.

ROAST SQUABS

Place a piece of fat bacon over the breast of each bird, and run a long skewer through the bodies, keeping the bacon, legs, and wings in position. Place on an enamel plate, or in a shallow piedish, and bake in a moderately hot oven for about $\frac{1}{2}$ hour. Remove the skewer, serve on squares of hot buttered toast at once. If preferred, the bacon may be removed. The breasts of the birds should then be allowed to brown lightly.

CHICKEN MARYLAND

INGREDIENTS

1 chicken	2 tablespoons butter
Small tin sweet corn	Beaten egg
$\frac{1}{2}$ cup white sauce	Flour
3 bananas	Salt, pepper
$\frac{1}{2}$ lb. green peas	Dried breadcrumbs
2 tablespoons stock	

Method.—Cut the chicken into neat joints, sift a good seasoning of salt and pepper, with 2 or 3 tablespoons flour, and dip each joint into this. Melt the butter in a frying pan, and fry the chicken till nicely browned on both sides. Place in a casserole, add the stock, cover with a piece of greased paper, put the lid on the casserole, and bake in a moderate oven from 1 to 2 hours, according to the age of the bird. Meanwhile, prepare the peas and cook till tender. Drain, keep hot, and add a little butter just before serving. Heat the sweet corn blended with the white sauce, and keep hot till required. Peel the bananas and cut each in half across, and in half again lengthways. Dip in the seasoned flour, then in beaten egg, and roll in breadcrumbs. Fry till golden brown in a little butter. To serve, remove the chicken carefully from the casserole, arrange neatly in the centre of a hot dish, and garnish with the green peas, sweet corn, and fried bananas.

JUGGED HARE

INGREDIENTS

1 hare	Rind $\frac{1}{2}$ lemon, thinly pared
1 thick rasher of bacon	2 tablespoons flour
1 onion	Small blade mace
2 teaspoons salt	Small bunch thyme and parsley
$\frac{1}{2}$ teaspoon pepper	A wineglass of port
$\frac{1}{2}$ nutmeg, grated	Force meat balls
$\frac{1}{2}$ teaspoon ground cloves	Red-currant jelly

Method.—Mix together the salt, pepper, nutmeg, cloves and flour, and blend with a small cup of water. Joint the hare, and dip each piece in the mixture; place in a casserole with the lemon rind and bacon cut small. Add the mace, parsley, and thyme tied together in a muslin bag. Just cover with water. Place the lid on the casserole, and cook slowly from 3 to 4 hours, till the hare is perfectly tender. Remove the herb bag, add the port wine, and serve with force meat balls (recipe below), and red-currant jelly.

FORCEMEAT BALLS

INGREDIENTS

2 oz. suet	3 oz. breadcrumbs
1 oz. ham or bacon	2 eggs
$\frac{1}{2}$ teaspoon finely-minced parsley	Salt, cayenne
$\frac{1}{2}$ teaspoon mixed herbs (finely chopped)	Extra breadcrumbs

Method.—Mince the ham and suet, mix with the other dry ingredients. Beat one egg, add and form all into a paste. Roll into small balls, about the size of a walnut. Dip in beaten egg, roll in breadcrumbs, and fry in plenty of boiling fat till browned. Drain on kitchen paper and serve with jugged hare.

BRAISED RABBIT**INGREDIENTS**

1 rabbit	1 tablespoon flour
1 carrot	1 pint stock or water
1 turnip	Salt, pepper
2 sticks celery	Extra flour
1 tablespoon dripping	

Method.—Soak the rabbit for an hour covered with cold salted water. Joint it, and dry each piece. Prepare the vegetables in the usual way, and cut into dice. Heat the dripping in a saucepan, and fry the vegetables till brown. Dip the rabbit into the flour, add to the vegetables, and fry till brown. Add the stock, and stir till boiling. Season with salt and pepper, and simmer, closely covered, from 1½ to 2 hours. Remove the rabbit to a hot dish, and thicken the gravy with a little flour blended with cold water. Bring to the boil and pour round the rabbit.

RABBIT AND MACARONI**INGREDIENTS**

2 or 3 oz. cooked macaroni	1 dessertspoon finely-chopped parsley
2 cups cooked rabbit meat	Grated rind 1 lemon
½ pint white sauce	Salt, pepper
1 egg well beaten	Breadcrumbs
2 tablespoons finely-grated cheese	

Method.—Chop up the rabbit and mix all the ingredients well together, omitting the breadcrumbs. Place in a buttered piedish, sprinkle breadcrumbs over, and bake in a moderate oven for about ½ hour.

SAVORY TURKEY LEGS**INGREDIENTS**

2 turkey legs	2 cups gravy (or 1 cup gravy and 1 cup stock or water)
Salt, pepper	

Method.—With cooked turkey, the legs are often underdone when the breast is cooked to perfection, and to be edible they must be cooked again. This is an excellent and easy way to deal with them. Joint each leg and cut (in slices or chunks) all the meat from the drumsticks. Discard the bones. Cut two or three slices from the top joint, and place all in a casserole or piedish, season with salt and pepper, and pour over the gravy. Place the lid on the casserole, and cook slowly in the oven for 1½ hours.

QUAIL WITH GRAPEFRUIT

INGREDIENTS

3 quail
2 grapefruit

Watercress
2 oz. butter

Method.—Smear the quail with butter, place in a baking-tin, and bake for 15 minutes in a quick oven, basting them twice. Cut each grapefruit in half, and cut one of the halves into several slices. Cut the remaining halves zigzag round the edge with scissors, and scoop out some of the pulp to make room for a quail in each one. Keep the juice for making sauce. Place each quail in its half grapefruit on a dish, and keep them hot in the oven.

THE SAUCE

Ingredients

$\frac{1}{2}$ oz. flour
 $\frac{1}{2}$ gill sherry

1 gill good stock
Salt, pepper

Method.—Pour off half the butter from the baking-tin, and stir the flour into the remainder. Fry it a rich brown, stirring well. Add the sherry, grapefruit juice, and stock. Stir till the sauce boils, and season to taste with salt and pepper. Pour the sauce over each quail, and garnish with watercress and slices of grapefruit.

ROAST PIGEONS AND OYSTER STUFFING

INGREDIENTS

4 pigeons
2 doz. oysters
1 cup soft breadcrumbs

1 tablespoon butter melted
1 egg
Pepper, salt, flour

Method.—Mix the breadcrumbs, butter, beaten egg, and liquor from the oysters. Add a seasoning of salt and pepper and the oysters. Rub the prepared and trussed birds over with flour, stuff them, cover with buttered paper, and bake in the usual way, basting well. Time, 20 to 30 minutes.

STEWED PIGEONS WITH MUSHROOMS

INGREDIENTS

2 pigeons
1 oz. butter melted
 $\frac{1}{2}$ oz. flour
3 shallots

$\frac{1}{2}$ pint stock
 $\frac{1}{2}$ lb. mushrooms
Seasoning

Method.—Quarter the cleaned pigeons, and dip each piece into flour well seasoned with salt and pepper. Brown the pieces in the

butter, add the sliced shallots, and cook slightly. Add stock and water to cover, and simmer, closely covered, for about an hour and a quarter. Then add seasoning to taste and the mushrooms, peeled and stalked (if they are large, cut in quarters). Simmer for another hour, and thicken the gravy with flour blended with cold water.

ROAST WILD DUCK

Singe the duck, wash it, and dry with a clean towel. Squeeze a little lemon juice over. Rub lightly with flour. Cover the breast with a buttered paper, and bake with lard in a moderate oven, basting frequently. When nearly cooked, remove the paper. Dredge the bird with flour, baste it, and allow to brown. Time, 30 to 40 minutes. Serve with red-currant jelly, and garnish with quarters of lemon.

ROAST WILD DUCK WITH ORANGE SALAD

Prepare and cook the duck as in the previous recipe, and serve garnished with watercress. Make a thickened brown gravy, flavor it with orange juice and a dash of port wine.

ORANGE SALAD

INGREDIENTS

Lettuce
Oranges
Salad oil

Vinegar
Sugar
Pepper

Method.—Wash the lettuce leaves and crisp them in cold water. Peel the oranges, removing all the pith possible. Cut in slices, sprinkle with a seasoning of sugar and pepper, and add a small quantity of oil and vinegar mixed in equal parts. Serve on a bed of crisp young lettuce leaves.

CHICKEN SALAD

INGREDIENTS

6 oz. cold chicken
1 teaspoon lemon juice
Salt, pepper

2 oz. ham
1 hard-boiled egg
Tomato, salad dressing

Method.—Cut up the chicken and ham finely. Add the lemon juice and pepper and salt to taste. Wash, dry, and shred the lettuce finely. Place it in a suitable bowl. On top put the prepared chicken and ham, and pour salad dressing over. Garnish with thin slices of tomato and hard-boiled egg.

JELLIED CHICKEN

INGREDIENTS

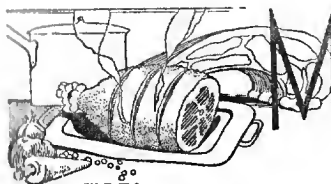
1 chicken
2 carrots
 $\frac{1}{2}$ lb. green peas
3 hard-boiled eggs

Salt, pepper
1 quart water
3 good dessertspoons gelatine

Method.—Joint the chicken and place it in a saucepan with the water; add salt, bring quickly to the boil. Cover the saucepan, and simmer gently for about 2 hours, till the chicken is tender without being raggy. Reserve $1\frac{1}{2}$ pints broth, allow the chicken to become cold and cut the flesh up finely. While the chicken is cooking, prepare the carrots and peas, and boil them separately till tender; add a pinch of carbonate of soda to the peas, and leave the carrots whole. Allow both to get cold, and slice the carrot in rings. Heat a little of the broth, and dissolve the gelatine in it. Add this to the rest of the broth, and mix well. Rinse out an oblong mould with cold water, and pour in a thin layer of the broth. Allow this to set firmly. Meanwhile, slice the hard-boiled eggs carefully, and remove the yolk whole from three of the best slices. Place these, evenly spaced out, in the mould. Cut some rings of egg white into several pieces, and place them in the mould, branching out from the yolks. Pour a thin layer of broth over the egg, and when set, put in the peas, then a layer of chicken. Pour over a little more broth (it is not necessary to wait for it to set). Next add half the quantity of sliced carrot, more chicken, the remainder of the carrot, then chicken again, and, lastly, slices of hard-boiled egg. Pour the broth in gently, and allow to set firmly. To unmould, dip quickly in and out of hot water. Rap sharply on the sides and ends, turn out the shape, and surround with crisp young lettuce leaves as a garnish.

RABBIT BRAWN

Take the meat from a cold boiled rabbit. Chop it into tiny squares, together with $\frac{1}{2}$ lb. cold boiled bacon. Take enough stock to fill the mould used. Dissolve in it gelatine in the proportion of an ounce to the pint, unless the stock is strong enough to jelly in itself, when only a small amount of gelatine will be needed. Set a little of this stock, which should be well flavored, in the bottom of a mould. Decorate with slices of hard-boiled egg. Fill with the meat and the rest of 2 hard-boiled eggs, and pour over all the cold stock. Put in a cold place to set, and serve with a good salad.



MEAT DISHES

When roasting meat allow :

Red Meats. 15 minutes to the pound and 15 minutes over.

White Meats. 25 minutes to the pound and 20 minutes over.

A thick joint, such as a leg of mutton, will take longer to cook through than a loin. This must be taken into consideration when calculating the time to allow.

When boiling meat allow :

Corned beef, 25 minutes to the pound and 25 minutes over.

Mutton, 20 minutes to the pound and 20 minutes over.

To roast meat (or, to be exact, to bake meat, for roasting is cooking before the fire and not in the oven) put it in a good hot oven. Allow it to cook for 15 minutes, then reduce the heat, and cook more slowly. Dripping should be placed in the baking tin and the joint also smeared with dripping. Either stand the joint on a wire grid in the tin (the better method), or place the joint directly in the baking tin and baste frequently.

To boil meat, place the joint in plenty of boiling water with a pinch of salt, and cook fast for 3 minutes. Cover the pan closely and allow to simmer very gently.

Braising is a combination of stewing and baking. The meat is first browned, and then stewed slowly, on a bed of vegetables, in a closely covered casserole or saucepan in the oven. Allow about $\frac{1}{2}$ hour to each pound of meat and $\frac{1}{4}$ hour over when braising a joint.

To fry raw meat, use only a small quantity of fat. Have it smoking hot before the meat is put in, and cook both sides over a good heat for 2 or 3 minutes. Reduce the heat and finish cooking slowly.

When grilling meat, the grill must be hot before the meat is put under

it. This seals the outside and retains the juices. Turn the meat frequently, but do not stick a fork into it, otherwise the juice will run out.

When stewing meat, remember that a stew boiled is a stew spoiled. The lid of the pan or casserole must fit closely to prevent any escape of steam. A stew cannot be cooked too slowly.

AUSTRALIAN GOOSE

INGREDIENTS

A small leg of mutton (boned)	1 egg
4 tablespoons breadcrumbs	$\frac{1}{2}$ teaspoon mixed herbs
2 tablespoons suet	$\frac{1}{2}$ teaspoon grated nutmeg
2 oz. ham	Milk
2 onions	Pinch salt, pepper
1 teaspoon finely-chopped parsley	

Method.—Mix all dry ingredients together. Moisten with beaten egg and enough milk to bind the mixture together. Fill the cavity in the mutton, pressing the stuffing well in. Roast.

TOAD IN THE HOLE

INGREDIENTS

1 lb. cold sausages	1 pint milk or a little less
4 oz. flour	Salt, pepper
2 eggs	

Method.—Sift the flour and seasoning. Break in the eggs, and beat and stir out any lumps in the flour. Add the milk gradually, and mix all well together. Pour this batter into a greased piedish. Add the sausages, cut across in half, and bake in a moderate oven from 1 to $1\frac{1}{2}$ hours.

BEEF OLIVES

INGREDIENTS

1 lb. stewing steak	Stock
1 oz. suet, finely chopped	$\frac{1}{2}$ teaspoon salt
3 tablespoons breadcrumbs	$\frac{1}{2}$ teaspoon grated nutmeg
1 egg	Dash of cayenne
1 teaspoon chopped parsley	Milk
Pinch dried herbs	

Method.—Mix the suet, breadcrumbs, parsley, herbs, salt, cayenne, and nutmeg together. Add the beaten egg and enough milk to bind all. Cut the steak into thin slices, about 2 inches wide by 3 or 4 inches long. Place a little of the stuffing on each piece of steak. Roll and skewer or tie firmly with thick white cotton. Put the dripping into a saucepan, and fry the rolls lightly. Just cover with stock. Put a lid on the saucepan and simmer gently for $1\frac{1}{2}$ or 2 hours. When cooked, remove the skewers, place the rolls on a hot dish. Thicken the gravy with a little flour, blended with cold water, and pour over the olives.

STEWED OX TAIL

INGREDIENTS

1 ox tail	Pepper, salt
1 carrot	Extra flour
2 onions	1 tablespoon dripping
$\frac{1}{2}$ cup cooked green peas	1 teaspoon thyme, marjoram, and parsley, mixed and finely chopped
1 tablespoon flour	
$1\frac{1}{2}$ pints water	

Method.—Wash and dry the tail. Cut into joints. Roll each piece in flour. Melt the dripping in a saucepan, and fry the onions, peeled and chopped fine. Add the meat, and fry also. Sift in 1 tablespoon flour, pepper, salt, and mix well. Add the water, parsley, herbs, and the carrots, scraped and cut in rings. Stir well, bring to the boil, cover the saucepan, and simmer for 5 or 6 hours. Allow to get cold. Skim off all fat, and reheat the stew. Add the cooked peas just before serving.

PORK AND BEANS

INGREDIENTS

2 cups haricot beans	1 tablespoon golden syrup
$\frac{1}{2}$ lb. pickled pork	$\frac{1}{2}$ teaspoon salt
1 pint boiling water	Pinch cayenne

Method.—Soak the beans overnight in cold water. Next day wash in clean water, drain, and put the beans in a saucepan. Cover with cold water, bring to the boil, add a good pinch of carbonate of soda. Boil for 20 minutes, skimming off any scum that forms. Drain and put the beans into a casserole with the pork (score the rind in several places). Pour over them the boiling water, golden syrup, cayenne, and salt mixed together. Cover the casserole, and bake slowly in a moderate oven for 6 hours.

INDIAN COLLOPS

INGREDIENTS

$1\frac{1}{2}$ lb. fillet of veal	Curry powder
Breadcrumbs	Salt
Egg	

Method.—Cut the veal into neatly shaped pieces. Mix a pinch of salt and 1 teaspoon curry powder with a teacup of breadcrumbs. Dip the meat into beaten egg, then roll in prepared breadcrumbs, pressing them well on. Dip in egg again and roll in breadcrumbs. Fry in clarified fat. Drain on kitchen paper, and serve with gravy containing a dash of curry powder.

WAKEFIELD STEAK

INGREDIENTS

1 lb. rump steak	1 teaspoon sugar
2 tablespoons tomato sauce	1 teaspoon salt
2 tablespoons vinegar	1 teaspoon pepper

Method.—Mix the ingredients in a piedish and place the steak in for 6 hours, turning once. Fry the steak. Heat the liquid and pour over the steak.

SCOTCH EGGS

INGREDIENTS

1 lb. sausage meat	Breadcrumbs
5 hard-boiled eggs	Salt, pepper
1 egg	

Method.—Divide the sausage meat into five equal portions. Flatten each one out. Sprinkle with pepper, salt, and place a hard-boiled egg in the middle. With the hands mould the sausage meat round the eggs, covering them completely, and keeping the egg shape. Coat well with beaten egg, and roll in breadcrumbs. Fry in deep boiling fat—using a frying basket if possible—till browned. Drain on crumpled kitchen paper. Cut the eggs in half, lengthwise, and serve hot, with a garnish of parsley. If a more substantial dish is required, heap mashed potatoes in the centre of the dish and place the hot eggs around.

Cold meat may be utilised in this recipe, in place of the sausage meat. Mince the meat finely, add a dash of tomato sauce, pepper, and salt, and just enough milk to make the mixture workable. Proceed as with the sausage meat.

PORK CHOPS EN CASSEROLE

INGREDIENTS

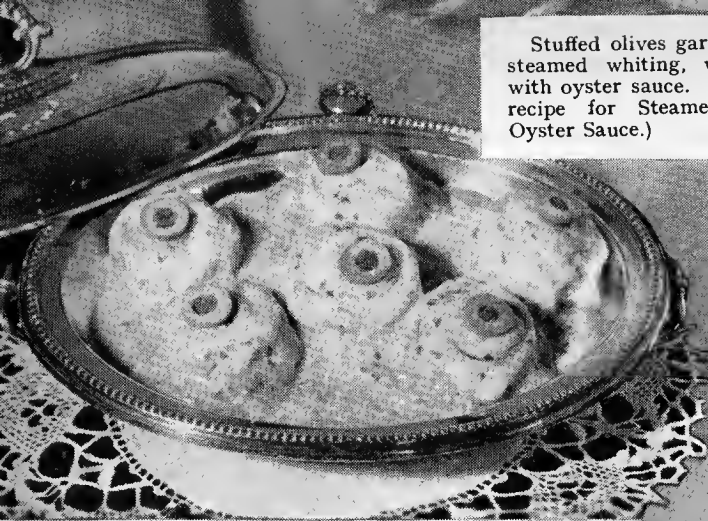
1½ lb. pork chops	1 oz. flour
½ lb. apples	½ pint water
1 onion	Salt, pepper
1 oz. dripping	

Method.—Peel, core, and slice the apples and put them into a casserole. Mix a little salt and pepper with the flour and roll the chops in this. Fry the onion, peeled and sliced, in the dripping, and when done add to the apples in the casserole. Fry the chops till lightly browned on both sides, and place them over the onions. Add the remainder of the flour to the dripping in the pan. Blend well and add the water. Bring to the boil, and pour over the chops. Put the lid on the casserole and bake in a moderate oven from 2 to 3 hours.

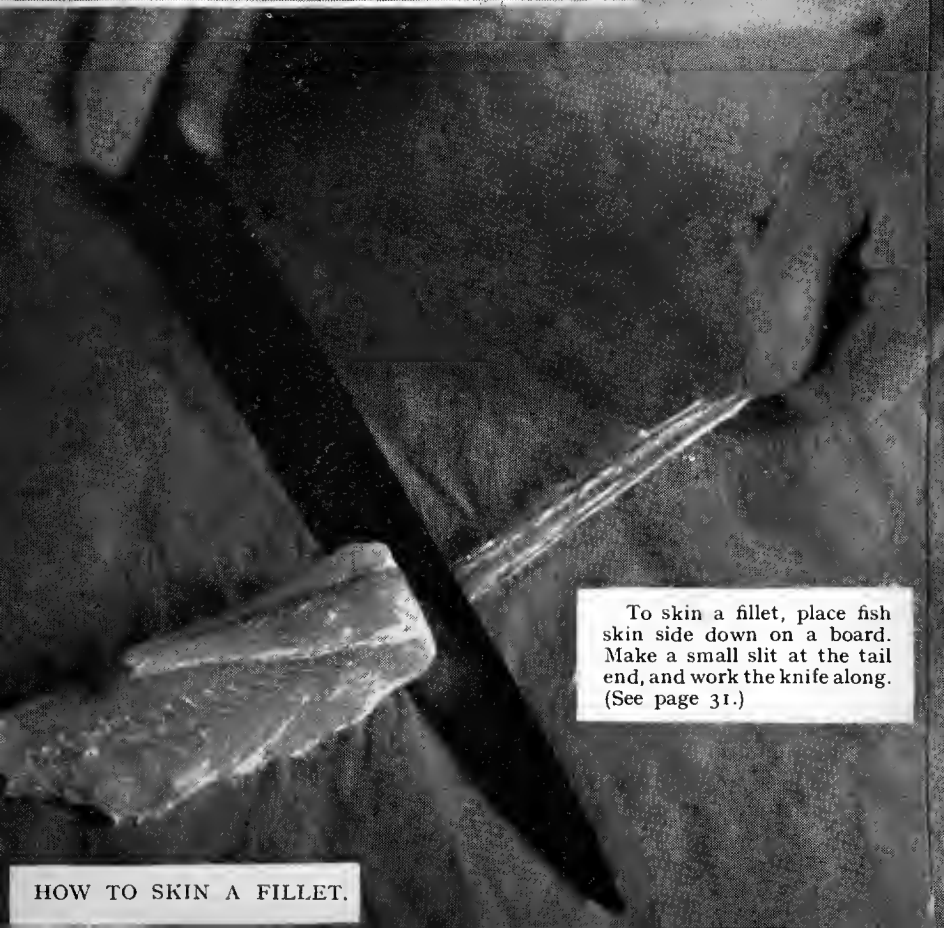
When filleting fish, keep the knife as flat as possible. (See page 31.)



HOW TO FILLET WHITING.



Stuffed olives garnish these rolls of steamed whiting, which are served with oyster sauce. (See page 43 for recipe for Steamed Whiting with Oyster Sauce.)



To skin a fillet, place fish skin side down on a board. Make a small slit at the tail end, and work the knife along. (See page 31.)

HOW TO SKIN A FILLET.

SHEEP'S HEAD FRICASSÉE

A recipe for sheep's head broth is among the soups. The cooked head will make a delicious fricassée. After removing the head from the broth, pick off all the meat. Cut it up, remove the brain and tongue. The latter should be skinned and chopped finely. Mix all well together. Add $\frac{1}{2}$ teaspoon chopped parsley. Make a sauce, using 1 tablespoon butter, 1 heaped dessertspoon flour, and 1 breakfast-cup liquid, half milk, half broth. Add the meat, season to taste, and heat through.

The following is a simple fricassée if broth is not required :

Clean a sheep's head, split it, and soak it in cold salted water. Put into a saucepan, cover with cold water, and simmer, closely covered, for 4 hours. Remove the meat from the bone, cut it up finely—also the brain and tongue (skinned). Return to the saucepan; add salt and pepper to taste and a tablespoonful of finely-chopped parsley. Cover with milk, and when nearly boiling, thicken with flour, blended with cold water. Cook for 5 minutes.

BAKED LIVER

INGREDIENTS

1 lb. liver	$\frac{1}{2}$ pint stock
$\frac{1}{2}$ lb. fat bacon	Pinch of dried herbs
3 oz. breadcrumbs	1 teaspoon chopped parsley
1 small onion, parboiled	Salt, pepper
1 dessertspoon mushroom ketchup	

Method.—Make a forcemeat with the breadcrumbs, chopped onion, parsley, herbs, salt, pepper, and ketchup. Cut the liver into thin slices. Place them in a well-greased baking dish. Cover each slice with forcemeat and place a slice of bacon on top. Add the stock, and bake in a moderate oven for 1 hour or more.

MIXED GRILL

INGREDIENTS

Fillet steak	Bacon rashers finely cut
Pork sausages	Potato chips (see page 87)
Lamb cutlets	Watercress
Sheep's kidneys	

Method.—Allow for each person a small piece of steak, 1 sausage, 1 cutlet, 1 kidney, and 1 rasher of bacon. Skin the kidneys and split them in half. Remove the rind from the bacon, roll the rashers, and place a skewer through them. Fry the bacon and grill the meats. Place the chips in the centre of a hot dish, surround with the grill, and garnish with watercress.

STEAK AND CARROTS

INGREDIENTS

2 lb. bladebone steak
3 carrots
1 tablespoon dripping

2 tablespoons flour
1½ pints water
Salt, pepper

Method.—Remove the fat, and cut the meat into small pieces, about ½ inch square. Melt the dripping in a stewpan, fry the meat lightly, add flour, and stir well. Add water, and season with salt and pepper. Bring to the boil. Scrape the carrots, and cut into fine rings. Add to the stew. Cover closely, and simmer for 3½ to 4 hours.

TRIPE IN BATTER

INGREDIENTS

2 lb. tripe
3 onions
1 egg

Salt, pepper
Flour
Milk

Method.—Wash the tripe, cover with water, bring to the boil. Drain and repeat this blanching process. Cover with water again. Add peeled onions, salt and pepper, and cook gently from 3 to 4 hours. Drain and cut tripe into pieces about 3 inches square. Dip into batter, made with 1 egg, as much flour as it will take up, and a very little milk. Fry in clarified fat for a few minutes, on both sides.

ROAST LOIN OF PORK

To make the crackling crisp and to ensure the meat being tender—if the pork is not young—steam the loin before roasting. Put about a cupful of water in a saucepan. Put the pork in. Cover the pan closely and steam over a gentle heat from ½ to ¾ hour. This liquid makes excellent gravy. Roast the pork in the ordinary way, basting it *continually*. Have the oven hot at first, and lower the temperature later. Allow 25 minutes to every pound of meat, and a little less if the joint has previously been steamed.

SAUSAGES AND BANANAS

INGREDIENTS

1½ lb. sausages
2 bananas
Beaten egg

Dried breadcrumbs
Flour
Salt, pepper

Method.—Fry or grill the sausages. Meanwhile peel the bananas. Cut each in four pieces, lengthwise and across. Add a seasoning of

malt and pepper to a small quantity of flour. Dip each piece of banana in this, then in beaten egg, and roll in fine breadcrumbs. Fry in a little fat till browned on both sides. Serve the sausages and bananas together with mashed potato.

VEAL ROLLS WITH TOMATO SAUCE

INGREDIENTS

1 lb. lean veal	$\frac{1}{2}$ cup water
2 oz. ham or cooked bacon	$\frac{1}{2}$ cup tomato sauce
1 rasher lean bacon (raw)	$\frac{1}{2}$ cup sherry
1 dessertspoon finely-chopped parsley	1 small carrot and onion
1 oz. soft breadcrumbs	1 oz. butter
1 egg	Salt, pepper

Method.—Cut the veal into thin, even slices, 2 to 3 inches wide and 5 or 6 inches long. Thin off the ends of the slices for easier rolling. Mince the trimmings finely with the ham. Add parsley, breadcrumbs, and pepper and salt to taste. Bind with beaten egg to form a stuffing. Spread the slices of veal with this mixture, and roll up. Use skewers to keep the rolls in position. Prepare the carrot and onion, slice them finely. Melt the butter in a saucepan, and fry the vegetables till brown. Add the rolls and raw bacon, previously cut up, and the rind removed, and fry till the rolls are browned. Add the water, sherry, and tomato sauce mixed. Cover the pan, and simmer gently from 30 to 45 minutes, till the rolls are tender. Take up the rolls and place them on a hot dish. After removing the skewers, pour over the strained liquid, and serve.

STUFFED VEAL

INGREDIENTS

Fillet or loin of veal with the bone removed	1 lemon
	Rashers of bacon cut thinly

For the Force meat :

4 tablespoons breadcrumbs	1 teaspoon butter melted
1 dessertspoon finely-chopped parsley	2 tablespoons milk
1 teaspoon thyme and marjoram mixed	A little grated nutmeg
1 teaspoon salt	Grated rind 1 small lemon
1 teaspoon pepper	

Method.—For the force meat, mix all the dry ingredients well together. Add the butter, and bind together with the milk. Fill the veal with this stuffing, roll up, and skewer well in position. Roast, allowing 20 minutes to every pound of meat and 20 minutes over. Serve with rich brown gravy handed separately. Garnish with rolls of fried bacon, and a lemon cut in quarters.

FRIED TRIPE**INGREDIENTS**

1 lb. tripe
2 onions
Bunch mixed herbs

Salt, pepper
Egg
Breadcrumbs

Method.—Wash the tripe, and put it in a saucepan with cold water to cover. Bring to the boil, and throw away the water. Repeat this process of blanching again. Then put the tripe back in the saucepan and cover with cold water. Add the onions, peeled and cut in slices, the herbs tied in a muslin bag, and a seasoning of salt and pepper. Cover the pan closely, bring to the boil, and simmer gently from $1\frac{1}{2}$ to 2 hours, till the tripe is tender. Drain from the liquor, and allow to become cold, then cut in neat squares. Beat up the egg on a plate, and dip the pieces of tripe in this, then coat well with breadcrumbs. Fry in plenty of boiling fat (using a frying basket if possible), and cook till golden brown. Drain on kitchen paper before serving.

CURRIED BRAINS**INGREDIENTS**

4 or 5 sets sheep's brains
2 cups milk
2 good dessertspoons flour

2 tablespoons butter
1 dessertspoon curry powder
Salt

Method.—Soak the brains in cold salted water, skin, and place in boiling water. Cook slowly for 10 minutes, then drain. Melt the butter in a saucepan, stir in the flour and curry powder, and blend well. Remove from the fire and stir in the milk gradually. Return to the fire, bring to the boil, stirring continuously, and cook for 3 minutes. Add salt to taste, and the brains. Bring just to the boil again, and allow to keep hot in the curry sauce for $\frac{1}{4}$ hour before serving.

STEWED SWEETBREADS**INGREDIENTS**

2 sweetbreads
1 small carrot
Onion
Turnip
2 rashers bacon
1 teaspoon chopped thyme and parsley
mixed

$1\frac{1}{2}$ cups stock
Salt, pepper
Ground cloves
Cornflour for thickening
 $\frac{1}{2}$ lb. cooked green peas (may be omitted)

Method.—Wash the sweetbreads in several waters, and blanch as follows: place them in cold water, bring to the boil. Simmer for 10 minutes, strain, and soak in cold water for 15 minutes. Cut into dice

the prepared carrot, onion, and turnip. Place in a saucepan, lay the sweetbreads on top, and the bacon over these. Add a seasoning of salt, pepper, ground cloves, the thyme and parsley, and pour in the stock. Cover the pan closely, and simmer gently for $1\frac{1}{2}$ hours.

To serve, remove the sweetbreads carefully. Strain the gravy from the vegetables, place them on a hot dish. Place the sweetbreads on top, thicken the gravy with a teaspoon cornflour, blended with a little cold water, and pour this over and round the sweetbreads. Garnish with the peas.

BAKED SWEETBREADS WITH MUSHROOMS

INGREDIENTS

4 sweetbreads	1 egg
$\frac{1}{2}$ lb. mushrooms	Salt, pepper
2 tablespoons butter	Breadcrumbs

Method.—Wash and blanch the sweetbreads as in the previous recipe, take them from the cold water, and dry in a cloth. Beat the egg on a plate, add salt and pepper. Roll the sweetbreads in this, then coat with breadcrumbs. Dip again in egg, then in more crumbs. Place them in a small piedish. Melt 1 tablespoon butter, and pour it over the sweetbreads. Bake in a moderate oven for about $\frac{1}{2}$ hour. Meanwhile, peel the mushrooms. Melt the remaining butter in a frying pan, add the mushrooms, with a good seasoning of salt and pepper, and cook gently from 20 to 30 minutes. Serve the sweetbreads in the centre of a hot dish, and surround with the mushrooms.

STEAK AND KIDNEY PUDDING

INGREDIENTS

$1\frac{1}{2}$ lb. bladebone steak	<i>For the crust :</i>
or 3 sheep's kidneys	6 oz. flour
1 dessertspoon flour	3 oz. suet
Salt, pepper	$\frac{1}{2}$ teaspoon baking powder
Water	Salt
	Water

Method.—Cut the steak into neat pieces free from gristle. Skin the kidneys, and cut them up small. Season well with salt and pepper, and mix with the flour. Sift the flour, baking powder, and salt into a bowl. Rub in the finely shredded suet, and mix with water to a stiff paste. Knead slightly on a lightly floured board, and put aside one-third for the top crust. Roll the remainder into a round shape, not more than $\frac{1}{4}$ in. thick. Grease a pudding basin, and fit in the paste to line it. Trim off, leaving a little all round above the rim.

Fill the basin with the prepared meat. Add water, not quite to cover the meat. Roll out the paste for the top in a round. Damp the crust standing just above the basin. Place the cap on, press the edges together securely, and cut away any superfluous crust. Tie a lightly floured cloth over the top, and plunge the basin into fast-boiling water, enough to cover the whole pudding, and cook for 3 hours. Add more boiling water as it boils away. Serve either in the basin, with a table napkin round it, or turn out on a hot dish, and send to table at once, as it cools quickly.

STEWED STEAK AND DUMPLINGS

INGREDIENTS

1½ lb. stewing steak
2 sheep's kidneys
2 rashers bacon
1 onion
Flour
Pepper, salt
Water

For the dumplings :
½ lb. S.R. flour
4 oz. finely-shredded suet
1 tablespoon finely-chopped parsley
1 tablespoon mixed herbs, finely chopped
Salt, pepper
Water

Method.—Cut the steak and skinned kidneys into neat pieces, peel and slice the onion, and fry it in a little dripping in a saucepan. Roll the prepared meat in flour. Add to the onion, and fry till browned. Add pepper, salt, and the bacon cut up with the rind removed. Cover with water and bring to the boil. Put a lid on the pan, and simmer gently for 2 hours.

To prepare the dumplings, sift the flour, salt, and pepper into a bowl. Rub in the suet, add parsley and herbs, and mix with cold water to a stiff paste. Roll into very small balls, the size of a walnut, and cook in the stew for ½ hour. The gravy, if preferred, may be thickened before serving with flour blended with cold water.

GERARD STEAK

INGREDIENTS

2 lb. rump steak
1 teaspoon flour
1 teaspoon sugar
1 teaspoon salt
½ teaspoon pepper

1 teaspoon Worcester sauce
1 teaspoon vinegar
1 tablespoon mushroom ketchup
½ cup water
Grated nutmeg

Method.—Mix the flour, sugar, salt, pepper, and nutmeg together, and rub into the steak. Place in a casserole, and pour over the water, vinegar, and sauces mixed together. Allow to stand for 1 hour. Cover closely and bake in a moderate oven for 2 hours.

JUGGED STEAK**INGREDIENTS**

1 lb. stewing steak	2 teaspoons jelly (apple, quince, red currant)
2 onions	Wineglass sherry
1 carrot and turnip	1 oz. dripping
3 sticks celery	1 pint water
2 small tomatoes	Salt, pepper
Bunch herbs	Flour
1 tablespoon Worcester sauce	
3 cloves	

Method.—Cut the steak, free from fat and gristle, into pieces about 2 inches square, and fry in the hot dripping. Prepare the vegetables, and slice them all thinly. Arrange in layers with the meat, in a casserole. Season each layer, add the jelly, and the herbs and cloves, tied together in a muslin bag. Pour over the sauce, sherry, and water mixed together; place the lid on the casserole, and cook slowly in a moderate oven for about 2½ hours. Remove the herb bag just before serving.

SAVORY STEAK**INGREDIENTS**

1 lb. rump steak	Salt, pepper
1 tablespoon flour	Squeeze lemon juice
Tomato sauce and sago	Water
1 teaspoon sugar	

Method.—Mix the flour, sugar, salt, and pepper together and rub the steak well all over with this. Squeeze a few drops of lemon juice over, and place the steak in a casserole. Pour over the sago and tomato sauce, and cover with water. Put the lid on the casserole and bake slowly in a moderate oven for about 2 hours.

KIDNEY HOT POT**INGREDIENTS**

½ lb. ox kidney	1 tablespoon mixed dried herbs
1 ½ lb. potatoes	1 teaspoon flour
2 large onions	Salt, pepper
2 carrots	Water
2 turnips	

Method.—Sift the flour with a seasoning of salt and pepper. Cut up the kidney roughly, and dip the pieces in the flour. Peel or scrape the vegetables, and cut into rings. In a casserole place a layer of potatoes at the bottom; then carrot, turnip, onion, and kidney, sprinkling herbs,

salt, and pepper between each layer. Repeat the layers, finishing with a thick layer of potato. Add water to just cover all. Place the lid on the casserole, and cook slowly in a moderate oven from $1\frac{1}{2}$ to 2 hours, till the vegetables and kidney are tender.

SEA PIE

INGREDIENTS

$\frac{1}{2}$ lb. steak	1 pint stock
$\frac{1}{2}$ carrot	<i>For the crust :</i>
$\frac{1}{2}$ turnip	4 oz. flour
2 sticks celery	2 oz. suet
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ teaspoon pepper	Pinch salt
1 teaspoon flour	Water to mix

Method.—Scrape the vegetables and cut into neat dice. Cut the meat into small pieces, and mix with the flour, salt and pepper, and place in a saucepan with the stock. Bring to the boil, stirring all the time. Turn into a small casserole. Add the prepared vegetables, put a lid on the casserole, and cook gently in the oven for $1\frac{1}{2}$ hours.

To make the crust, shred the suet finely. Sift the flour with the salt and baking powder into a bowl. Add the suet and rub it lightly into the flour. Add enough water to make a very stiff dough. Turn on to a lightly floured board. Knead for a few minutes, and roll out to the size of the casserole. Place on top of the meat and vegetables, replace the casserole lid, and cook gently for $1\frac{1}{2}$ hours longer.

PICKLED STEAK

INGREDIENTS

1 lb. rump steak	Stock or water
1 small onion	$\frac{1}{2}$ cup salad oil
2 cloves	$\frac{1}{2}$ cup tarragon vinegar
A sprig of parsley	Butter
Thyme and marjoram	

Method.—Peel and slice the onion and place it with the steak in a piedish. Add cloves and herbs. Mix the oil and vinegar together, and pour over all. Allow to steep in this pickle for about 12 hours, turning it several times. Take out and fry the steak in a saucepan lightly on both sides with butter. Add all the pickle and a little stock. Cover the saucepan, and simmer gently till the steak is tender, from 1 to $1\frac{1}{2}$ hours. Strain the liquor, free it entirely from fat, reheat, pour over the steak, and serve with mashed potato.

STEAK MARINADE

INGREDIENTS

1½ lb. rump steak
1 teaspoon salt
1 teaspoon sugar
½ teaspoon pepper

1 tablespoon Worcester sauce
2 tablespoons vinegar
Flour for thickening

Method.—Mix all the ingredients together and pour the mixture over the steak in a piedish. Leave for 6 hours, turning it after 3 hours' steeping. Remove from the marinade, and grill the steak. Pour the liquor into a small saucepan and thicken with a little flour blended with cold water. Boil for a minute or two, and pour over the steak.

TO BOIL PICKLED PORK

Put the pork into a saucepan with sufficient cold water to cover it. Bring gradually to the boil, and simmer gently till tender. A piece of pork weighing 2 lb. will take approximately 1½ hours. If the pork is very salt, let it remain in water for 2 hours before cooking.

SAUSAGE IN BATTER

INGREDIENTS

4 oz. flour
1 small egg
Milk

½ lb. pork sausage
Pinch salt

Method.—Sift the flour and salt into a bowl. Break the egg in, and beat and stir, adding milk gradually, enough to form a batter. Allow the mixture to stand for an hour or more. Remove the skin from the sausage. Cut in thinnish slices. Coat with batter, and fry on both sides in boiling fat. Drain on paper before serving.

ITALIAN RICE

INGREDIENTS

4 oz. rice
1½ pints stock
8 oz. ham or bacon

½ cup tomato sauce
Pepper
Croûtons of fried bread

Method.—Cut the ham or bacon up finely, and fry it. When cooked, add the stock, the rice (previously washed), and season with pepper and salt. Simmer until the rice is soft, stirring it occasionally. Remove from the fire, add the tomato sauce, mix well, and turn on to a hot dish. While the rice is cooking, fry in deep boiling fat, tiny squares of bread, till golden brown. Drain them on kitchen paper, and just before sending the rice to table, sprinkle the croûtons over.

VIENNA STEAKS

INGREDIENTS

2 lb. lean buttock steak
1 onion
1 egg

6 tomatoes
2½ oz. breadcrumbs
Sprigs of cooked cauliflower

Method.—Mince the steak and onion. Add the breadcrumbs. Season with pepper and salt, and bind all together with the beaten egg. Divide into 12 portions, and form each into a flat round cake. Dredge them with flour, and dry fry, in a little dripping, turning the cakes once. Serve the steaks on half a baked tomato, and surmount with small sprigs of cooked cauliflower. Make a thick, brown gravy in the frying pan, with the dripping already used, and pour round the steaks. To bake the tomatoes, cut each one in half round the middle. Place on an enamel plate, cut side up. Sprinkle with pepper and salt. Put a small nut of dripping on each, and bake in the oven till tender, but not broken.

SWISS STEAK

INGREDIENTS

1½ lb. lean rump steak cut thick
½ lb. fine cut bacon
Cloves

Pepper and nutmeg
1 tablespoon water
1 tablespoon brandy (or water)

Method.—Cut the steak (without fat) in pieces about 4 inches long, and not more than ½ inch in thickness. Fill the casserole with layers first of meat, then small pieces of bacon, 2 cloves, pepper, and grated nutmeg. Add more meat, bacon, etc. Add water and brandy. A bay leaf, placed on the last layer, improves the flavor. Cover closely, and bake slowly in the oven for 3 hours.

STUFFED SHOULDER OF MUTTON

INGREDIENTS

A boned shoulder mutton
3 onions
Pepper and salt

Dessertspoon chopped parsley
Breadcrumbs
1 teaspoon sago

Method.—Cook the onions until they are tender. Chop them finely, and add to a teacup of breadcrumbs, together with the sago and seasoning. Less breadcrumbs may be used if the onions are small. Mix together and spread over the inside of the joint. Roll up and tie securely. Bake as usual. Serve with red-currant jelly or apple sauce. Ordinary forcemeat may be used if preferred to onions.

VEAL CUTLETS AND ORANGE SAUCE

INGREDIENTS

1 lb. veal cutlets	$\frac{1}{2}$ lemon
Egg and breadcrumbs	$\frac{1}{2}$ cup brown gravy
1 orange	Pepper and salt

Method.—Trim the veal cutlets neatly. Dip in egg and roll in sifted breadcrumbs. Fry and serve with hot orange sauce. To make the sauce, cut the rind very thinly off the orange. Cut into strips and put in boiling water. Boil for about 5 minutes. Add this peel, but not the water, to $\frac{1}{2}$ cup of brown gravy mixed with the juice of the orange and the lemon, and seasoned with pepper and salt. Serve very hot.

ROLLED STEAK WITH SAUSAGE

INGREDIENTS

A tender steak	A few mushrooms or mushroom
Sausages	ketchup
A little stock	Pepper and salt

Method.—Have the steak cut fairly thin, and bat it well with a rolling-pin. Take sausages— $\frac{1}{2}$ lb. should be sufficient for a pound of steak. Skin them and place the sausage meat on the steak. Roll the steak neatly up and secure it with tape or skewers. There are two ways of cooking this. One is to roast it in the oven and baste it well. The other is to fry it brown in a little hot dripping. Put it in a saucepan or a casserole with the stock, and the mushrooms if available, or a little mushroom ketchup. Then simmer it gently till the meat is tender.

TONGUE AND CHESTNUTS

INGREDIENTS

1 or 3 dozen chestnuts	Brown sauce (see Sauces)
1 cup chopped cooked sheep's tongues	Croûtons of fried bread

Method.—Peel the chestnuts by making a slit in the shell and putting them in the oven for 10 minutes. They will shell very easily after this. Boil them in stock until they are tender, then drain them. Add about a cupful of chopped sheep's tongues to some brown sauce. Mix with the chestnuts. Serve piping hot in an entrée dish, with croûtons of fried bread. A little grilled ham is an improvement.

HARICOT OF LAMB

INGREDIENTS

2 lb. neck of lamb	1 lettuce
Flavored stock	1 cup peas, or French beans, or $\frac{1}{2}$ small
2 oz. butter or dripping	cauliflower
$\frac{1}{2}$ cabbage	$\frac{1}{2}$ cucumber

Method.—Choose cabbage and lettuce with firm hearts. Parboil the cabbage and throw away the first strong water (do this also for the cauliflower). Fry the cutlets until browned. Put them in a stewpan with the vegetables. Cover with stock, and allow to simmer for about $\frac{3}{4}$ hour, or until the meat is tender. Season with pepper and salt. Add the cucumber, cut into $\frac{1}{4}$ inch slices, $\frac{1}{2}$ hour after the other vegetables. If the meat is tough it would be wise to let it simmer in the stock for an hour before adding the vegetables.

MUTTON AND MUSHROOM PUDDING

INGREDIENTS

1 lb. flour	$\frac{1}{2}$ lb. mushrooms
8 oz. suet	Seasoning
1 $\frac{1}{2}$ lb. mutton	

Method.—Make a suet paste by shredding the suet finely and mixing it well into the flour, with a little salt, and binding it with cold water. It must not be too wet. Roll out two-thirds of this thinly, and line the basin with it. Mix some salt and pepper with a little flour on a plate. Roll the mutton, cut in neat pieces, in this seasoning, and put with the mushrooms into the lined basin. Add about $\frac{1}{2}$ cup or a little more of cold water or stock. Put on a cover of the remaining pastry, sealing it with water to the lining. Cover with a scalded, floured cloth, and boil steadily for about 4 hours. When the pudding is cooked and the cloth removed, pierce the crust with a fork to let the steam escape.

BOILED FILLET OF VEAL

Choose a small fillet of veal. Stuff for roasting, adding if possible chopped oysters to the forcemeat, with their liquor. Sew, or tie the joint securely. Put it in a saucepan, cover with water, and let it simmer very gently for about $3\frac{1}{2}$ hours. Serve with a good white sauce, or with oyster sauce. Garnish with small rolls of fried bacon.

The water in which it was cooked should make excellent soup.

CASSEROLE CHOPS

INGREDIENTS

Forequarter chops
Sugar
Flour
Carrots
Tomato sauce

Mustard
Salt, pepper
Onion
Potatoes
Stock or water

Method.—Prepare and slice vegetables. Trim the fat from the chops. Rub into them mustard, sugar, and flour in that order. Place in a casserole. Cover with onions, carrots, and potatoes. Season with pepper and salt. Pour over a cup of tomato sauce and enough stock to almost cover the potatoes. Place a lid on the casserole and cook in a slow oven from $2\frac{1}{2}$ to 3 hours.

FILETS MIGNONS

INGREDIENTS

$1\frac{1}{4}$ lb. fillet of beef
Any vegetables in season, such as
carrots, turnips, French beans, as-
paragus, green peas, cauliflower tips

Mashed potato
2 oz. dripping
Small stuffed tomatoes
Round croûtons of fried bread

Method.—The vegetables should be cut small (the carrot and turnip in fancy shapes), and cooked separately. Trim the beef. Remove all fat and skin. Cut into small rounds from $2\frac{1}{4}$ to 3 inches across and $\frac{3}{4}$ inch thick. Melt the dripping. When it smokes, fry the filets brown on both sides, turning often. They should be underdone in the centres. Serve each on a croûton the same size as the filets. Season with salt and pepper, and place on a hot dish. Put a tomato on each. Place the strained vegetables round the dish. Form the mashed potato into balls, and fry in egg and breadcrumbs. Add to the other vegetables. Pour round a rich herb sauce. (See page 141.)

COLD MEAT

FILLET STEAK

INGREDIENTS

Fillet steak
Tomatoes

Mixed vegetables
Tartare sauce

Method.—Cut the steak in slices not less than $\frac{3}{4}$ inch thick. Trim into neat rounds, and grill lightly. It should not be overdone, and should be freed from fat. Arrange on a dish, put a little cup of cucum-

ber on each slice, and fill with tartare sauce. Hollow out some tomatoes, fill with cubes of cold cooked carrot, turnip, and peas, in equal quantities, with more of the tartare sauce, and arrange round the steak. Serve cold.

VEAL BRAWN

INGREDIENTS

2 lb. knuckle of veal
1 ½ lb. lean pickled pork
1 or 2 hard-boiled eggs

1 quart water
Salt, pepper

Method.—Wash the meat. Place in a saucepan with the water, a little salt, and pepper. Cover, bring to the boil, and simmer very gently for 4 hours. Strain the liquid off. Remove the meat from the bones, cut it up small. Line a wetted mould with slices of egg, add the meat, and gently pour in the liquid. Place aside in a cool place to set.

TO BOIL A HAM

It will take 4½ hours to cook a ham weighing 12 lb., and more in proportion, if larger. Place the ham overnight in warm water. In the morning trim off any brown or green fat. Put the ham into a large boiler full of water, or, if this is not available, the copper answers very well. Bring to boiling-point, and simmer gently till cooked. Peel off the brown rind, and sprinkle with browned breadcrumbs and pepper.

VEAL CAKE

INGREDIENTS

Herbs, finely chopped
Water
2 lb. veal cutlets

½ lb. ham
6 hard-boiled eggs
Pepper, salt

Method.—Stew the veal gently, in enough water to cover it, till tender. Meanwhile, line the bottom and sides of a plain mould with slices of hard-boiled egg. Cut the veal in thin slices and place alternate layers of veal, ham, sliced egg, and a seasoning of herbs, pepper, and salt. Pour into the mould the liquid from the veal. Cover with buttered paper, and steam in a covered saucepan, with boiling water, for 1 hour. Allow to become cold before unmoulding. Serve with crisp lettuce leaves round the cake.

BOILED SAUSAGE**INGREDIENTS**

1 lb. lean steak	2 tablespoons Worcester sauce
$\frac{1}{2}$ lb. bacon	$\frac{1}{2}$ teaspoon salt
2 small cups breadcrumbs	$\frac{1}{2}$ teaspoon pepper
1 egg	

Method.—Mince steak and bacon finely, mix well with other ingredients, binding all together with the beaten egg. Roll in the shape of a sausage. Tie securely in a floured cloth, and boil for 2 hours. Remove cloth, and roll sausage in a mixture of browned breadcrumbs and chopped parsley. Allow the sausage to get cold before slicing.

TONGUE SHAPE**INGREDIENTS**

$\frac{3}{4}$ cups stock	2 hard-boiled eggs
$\frac{3}{4}$ dessertspoons gelatine	Lettuce
1 tin sheep's tongues	Tomato

Method.—Dissolve the gelatine in the stock, and allow to become quite cold. Rinse out a round flat-bottomed mould with cold water. Pour in a little of the stock, just to cover the bottom, place aside till firmly set. Remove the shells and cut the eggs in slices. Place the heart of them on the jelly in the mould. Pour in a little more stock just to cover the eggs, and place aside again to set. If the tongues are too large, cut them in slices, and also remove any small bones. Place the meat with any jelly from the tin, and the rest of the egg, in the mould, and gently pour in the remainder of the stock. Place aside till set. When unmoulded serve with shredded lettuce and sliced tomato as a garnish.

JELLIED TONGUES**INGREDIENTS**

6 sheep's tongues	1 tablespoon vinegar
$\frac{1}{2}$ teacups gravy	$1\frac{1}{2}$ pints water
1 oz. gelatine	2 hard-boiled eggs
$\frac{1}{2}$ level dessertspoons sugar	Salt, pepper

Method.—Simmer the tongues gently until they are tender, when they will peel easily. Soak the gelatine in a cupful of cold water. Then add it to the gravy, sugar, vinegar, and herbs with a pint of boiling water. Simmer until gelatine is dissolved. Then strain through a hair sieve or a cloth. Put aside to cool. When beginning to set, put a few spoonfuls on the bottom of a mould, which has been rinsed in cold water, and let it set. Arrange slices of egg on this, and set with

a little more jelly. Also put a few slices of the egg on the sides of the mould. Dice the peeled tongues, and put into the mould. Cover with the rest of the jelly. Place aside until cold. If liked, the jelly can be made darker with burnt sugar, but this is not necessary if the gravy is rich and brown, as it should be.

BEEF GALANTINE

INGREDIENTS

1 knuckle of veal	1 teaspoon meat extract
1 lb. bladebone steak	1 cup boiling water
$\frac{1}{4}$ lb. bacon	1 dessertspoon gelatine
4 oz. breadcrumbs	Salt, pepper
2 raw eggs	1 onion
1 tablespoon chopped parsley	A little butter seasoned with pepper
1 dessertspoon mixed herbs, finely chopped	and salt or yolk of hard-boiled egg
4 hard-boiled eggs	for garnishing

Method.—Remove the meat from the knuckle of veal, omitting the gristly parts. Cut the fat and gristle from the steak and the rind from the bacon. Put the veal, steak, and bacon through the mincer, and mix with the breadcrumbs, parsley, herbs, and a good seasoning of pepper and salt. Pour the boiling water over the meat extract. Stir till dissolved, and add $\frac{1}{2}$ cup of this to the other ingredients. Pour the remaining soup into a small saucepan. Add the gelatine, and simmer gently for 10 minutes. When cool, pour off into a cup. This is to be used later for glazing the galantine. Meanwhile add to the meats, breadcrumbs, etc., 2 eggs, well beaten, and mix all thoroughly. On a pastry board, form the mixture into a fat roll. Make a hollow down the centre. Place the hard-boiled eggs in this, each one close to the next, and gently work the mixture over them, forming a roll again. Have ready a covered pan, with sufficient boiling water to cover the roll. Dip a pudding cloth into the water, wring it out, and roll the galantine tightly in it. Tie it securely at both ends, and place it in the water. Add the peeled onion, and simmer gently for $1\frac{1}{2}$ hours. Remove the roll, allow it to drain for a minute. Undo the cloth, and roll the galantine in a clean dry cloth, tying it at both ends as before. Place it on a dish, and on top place a flat board with two weights—to flatten the top slightly. The weights should be even or approximately so, and 5 or 6 lb. altogether is sufficient. When the galantine is quite cold, remove the cloth, and place the roll on a wire cake-stand. Place the cup of glaze in boiling water till it begins to melt. With a pastry brush paint the galantine with the glaze. Allow this to set before decorating the top with egg yolk pressed through a fine sieve, or seasoned butter forced through an icing pump. Serve garnished with parsley.

SAUSAGE, CUCUMBER, AND PEA SALAD**INGREDIENTS**

½ lb. pork sausage	2 hard-boiled eggs
½ lb. green peas	Salad dressing
1 cucumber	

Method.—Cook the peas and allow them to get cold. Pile them high in the centre of a dish. Skin and slice the sausage finely. Wipe the cucumber, do not peel it, and slice it very finely. Round the outside edge of the dish place the slices of sausage, overlapping. Next arrange the cucumber slices (overlapping in the same way) against the peas. Above the cucumber, arrange slices of hard-boiled egg, allowing only the topmost peak of the peas to show in the centre. Serve salad dressing handed separately.

HAMBURGER SAUSAGE

This home-made sausage is nice either hot or cold. In summer it can be made in the morning and served cold with salad for dinner.

Cut 2 thick slices of stale brown bread. Put in a basin, and cover with milk. When they are soft, squeeze out the milk and break up bread with a fork. Mince 1 lb. of stewing steak. Add to the bread with 1 small onion finely chopped and flavoring of herbs, salt and pepper. Stir together with 1 egg, and form into a sausage. Beat up another egg and rub over the sausage, which must then be coated with prepared breadcrumbs. Put in a baking dish with about an inch of melted fat, and bake in the oven for 1½ hours, basting occasionally and turning when half done. Drain on kitchen paper before setting aside to cool. If eaten hot serve gravy.

ECONOMY DISHES



A GOOD housekeeper allows no waste in her kitchen. Here are some hints on the use of left-overs.

Reheated cold meat should be cooked as little as possible.

Minced meat will go further with the addition of breadcrumbs, cooked rice, or mashed potato.

Cold meat dishes should be well seasoned.

Fried onion cooked till tender, fried tomato, Worcester or tomato sauce, mushroom ketchup, or a pinch of spice will improve left-overs.

MUTTON AND CARROTS

INGREDIENTS

Slices or chops of cold boiled mutton
2 large carrots
5 or 6 small new potatoes
1 good tablespoon flour

1 tablespoon butter
1 heaped tablespoon parsley (finely chopped)

Method.—Scrape the carrots, cut them in rings, cover with water, and bring to the boil. Cover and simmer for $\frac{1}{2}$ hour. Add the potatoes previously washed and scraped, and boil gently till both vegetables are cooked (but not mushy). Strain and measure out 2 cups of the liquid. Melt the butter, add flour, blend well, and add the liquid by degrees, stirring all the time. Add parsley, meat, carrots, and potatoes, and stand the saucepan over a low heat till all is thoroughly heated.

POTATO WALL

INGREDIENTS

Freshly mashed potato
Beaten egg
Remains of cold meat
Tomato sauce

Stock or water
Pepper, salt
Flour

Method.—Grease a shallow fireproof dish, and form the potato into a wall higher than the edge of the dish. Mark with a fork, brush over with beaten egg, and bake in the oven till nicely browned. Meanwhile, mince the meat, season to taste with tomato sauce, pepper, and

Walt. Place in a saucepan, add stock or water barely to cover. Bring nearly to the boil, thicken with flour blended with cold water, and boil for 3 or 4 minutes. Stand over a low heat till required. When the potato is browned, turn the mince into the centre of the dish and serve.

SHEPHERD'S PIE

INGREDIENTS

Remains of cold meat, enough to half fill a piedish or casserole	Tomato sauce
Freshly-mashed potato, enough to cover the meat	Worcester sauce
	Milk
	Salt, pepper

Method.—Put the meat through the mincer. Place in a piedish or casserole with a tablespoon or two of tomato sauce, a little Worcester sauce, and seasoning of salt and pepper. Mix thoroughly, and moisten well with milk. Cover with mashed potato, mark with a fork, and bake in a moderate oven till browned.

— 370° — 375°

HOT POT

INGREDIENTS

8 oz. cold meat	1 tablespoon finely-chopped parsley
4 medium-sized potatoes	1 cup stock
1 large onion	Salt, pepper

Method.—Mince the meat, peel and cut the potatoes and onions in thin slices. Put a layer of potatoes in the bottom of a casserole, then meat and onions, with salt and pepper between each layer. Repeat these layers, finishing with potato on the top. Pour over the stock, place the lid on the casserole, and cook slowly in a moderate oven from 1½ to 2 hours.

FRENCH HASH

INGREDIENTS

1 lb. cold mutton or lamb	1 teaspoon finely-chopped parsley
1 oz. butter	2 yolks eggs
1 oz. flour	Squeeze lemon juice
1 large onion	Salt, pepper
1 pint stock	

Method.—Cut the meat in thin slices, then in strips, not too large, and dust with salt and pepper. Melt the butter in a saucepan. Add the flour, blend well, and gradually stir in the stock. Add the onion, peeled and finely chopped. Bring to the boil, and cook for 10 minutes. Strain to remove the onion. Return the liquor to the saucepan. Add

the meat, bring nearly to the boil, add the beaten yolks of eggs, and stir over the fire till the hash thickens. It must not boil. Add the lemon juice and parsley. Serve in a hot dish, with small triangles of toast round the edge.

EGGS IN THE NEST

INGREDIENTS

8 oz. cooked meat	Salt, pepper
2 oz. soft breadcrumbs	Milk
$\frac{1}{2}$ teaspoon mixed dried herbs	3 or 4 eggs
1 tablespoon tomato sauce	

Method.—Mix all the ingredients (not the eggs) together, moistening with a little milk, and place in a casserole. Press the mixture down in three or four places, according to the number of eggs used. Put the lid on the casserole, and bake till thoroughly heated through. Meanwhile, butter 3 or 4 round, deep patty tins with plain sides. Break an egg into each, and place the tins in a frying pan with a little boiling water. Cook till the eggs are set, remove from the tins carefully, and place in the nests.

SAVORY CAKE

INGREDIENTS

$\frac{1}{2}$ lb. cold meat	$\frac{1}{2}$ cup stock
1 small onion	Finely-chopped parsley
2 oz. breadcrumbs	Browned breadcrumbs
2 eggs	Salt, pepper
1 oz. dripping	Gravy

Method.—Peel and chop the onion finely, fry in the dripping with 1 teaspoon parsley, till lightly browned. Mince the meat finely. Season well with salt and pepper, add the fried onion and parsley, stock and beaten eggs. Grease a round cake tin (one that will just hold the mixture) freely with dripping, and sprinkle thickly with parsley and breadcrumbs. Turn in mixture, cover with plate, and bake in moderate oven for $\frac{3}{4}$ hour. Turn out to serve. Pour gravy round.

ROLLS OF MEAT AND POTATO

Mince any scraps of cold meat, the more sorts the better. Season with salt and pepper and herbs or minced parsley; or with curry powder, tomato sauce, or any flavoring liked. Make a crust with cold potatoes, mashed with a little milk and thickened with a little flour. Roll out on a floured board cut into squares. Put a spoonful of the mince, moistened with a little gravy or milk, in the centre of each. Roll up and bake in a moderately hot oven for $\frac{1}{2}$ hour.

LUNCHEON PIES

INGREDIENTS

Mashed potato
Cold ham
Hard-boiled eggs

White sauce
Salt, pepper

Method.—Line small moulds with cold mashed potato beaten well with milk and butter, pepper and salt. Slice the hard-boiled eggs, and put a layer on the bottom of the potato-lined moulds. Chop the ham finely and sprinkle over the egg. Cover with a little sauce, flavored with pepper and salt. Then another layer of egg, more ham, and sauce, and so on until the moulds are full. Pile up high. Cover with another layer of mashed potato. Dot with butter, and brown in the oven. Serve hot.

MINCED LAMB CUTLETS

INGREDIENTS

1 cup gravy
½ lb. minced cold lamb
1 egg

Breadcrumbs
Pepper and salt
Seasoning

Method.—Heat the gravy. Take it from the fire and add the minced lamb, beaten yolk of egg, salt and pepper, and seasoning—a scrape of onion, a little chopped parsley, or a spoonful of tomato sauce. Add enough breadcrumbs to thicken. Put aside till cold. Shape into cutlets, dip in white of egg and breadcrumbs, and fry a golden brown. Drain on paper and serve hot.

SAVORY MOULD

INGREDIENTS

Rashers of bacon
1 lb. minced cold meat
½ lb. soft breadcrumbs
1½ tablespoons grated Parmesan cheese

1 egg
1 tablespoon butter (melted)
Stock
Pepper and salt

Method.—Line one big mould, or several small moulds, with rashers of uncooked bacon. Mix the breadcrumbs with the minced meat, butter, beaten egg, seasoning, and enough stock to moisten—it must not be too wet. Stir together over the fire till blended. Fill the mould, and either steam or cook in the oven for ½ hour. For a big mould, cover the top with more bacon, and bake in the oven for an hour until the bacon is brown. It may be served hot or cold—with gravy or with salads.

LAMB CHOPS AND CURRY SAUCE**INGREDIENTS**

Cold lamb chops

Chutney

Curry sauce

Method.—If cold chops are not available, thick slices of cold lamb may be used. Trim the chops or slices. Free them from fat. Make a curry sauce. While still warm coat the meat with it and allow to get cold. Dish in a mound, and serve with cold rice and chutney.

BEEF AND HAM MOULD**INGREDIENTS** $\frac{1}{2}$ lb. ham

4 oz. breadcrumbs

 $\frac{1}{2}$ lb. cold beef

Gravy

1 onion

Salt and pepper

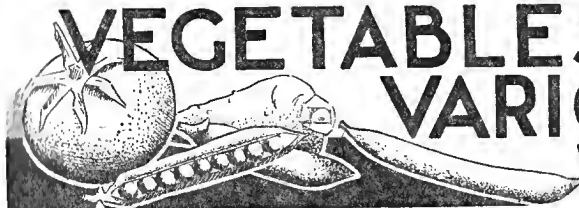
Method.—Mince ham, beef, and onion. Season with pepper, a grate of nutmeg, and a little salt. Add enough gravy or stock to hold it together. Mix thoroughly. Pack into a mould, cover with buttered paper, and steam for 2 hours. Turn out when cold. Serve with tomato sauce and salads.

PORK MOULD

Remove skin and fat from 1 lb. cold roast pork. Chop up finely, and mix with a little finely minced onion. Season with salt and pepper. Mix with 2 tablespoons mashed potato and sour cream. Milk can be substituted. The mixture should be fairly stiff. Coat a mould with browned breadcrumbs, put in the pork mixture, and bake for about $\frac{3}{4}$ hour in a moderate oven. Turn out and serve cold, with salad. This mould can also be served hot, with gravy.

BEEF SALAD

The tail end of a sirloin of beef may be used for this. Mince it finely, rejecting all gristle and fat. Fill a crisp lettuce leaf with this meat, sprinkle it with grated raw carrot, or a little chopped celery. Serve with a spoonful of mayonnaise in the centre of each. Any other scraps of meat can be used in the same manner, or mixed with the beef.



VEGETABLES IN VARIOUS WAYS

WHEN boiling vegetables, remember that root vegetables should be cooked slowly in boiling salted water with the lid on the saucepan. The exceptions are old potatoes, which should be put on in cold water, and new potatoes, which should be put on in warm water.

Green vegetables should be cooked fast in plenty of boiling salted water, with the lid off the saucepan, except peas, which should be cooked slowly.

Spinach should be cooked in very little water.

Allow salt in the proportion of a teaspoon to a quart of water.

A pinch of carbonate of soda added to the boiling water prepared for green vegetables improves the color, but lessens the dietetic value.

Green peas are improved if a teaspoon of sugar and a sprig of mint are added to the water.

Old peas may be rejuvenated by the addition of a pinch of carbonate of soda to the boiling water.

To remove the odor and strong taste of onions, peel, cut up, and place for 5 minutes in a bowl of boiling water with $\frac{1}{2}$ teaspoon carbonate of soda dissolved in it. Pour off the water, and cook the onions in the usual way.

New potatoes are improved in flavor if boiled with a sprig of mint.

Jerusalem artichokes and potatoes discolor quickly when peeled. They should be covered immediately with cold water.

CHIPPED ARTICHOKEs

Peel the artichokes and place in cold water. Slice very thinly and allow to soak in cold water for $\frac{1}{4}$ hour. Remove. Dry with cloth. Have ready a deep pan of boiling fat. Drop the artichokes in, a few at a time, and fry till crisp and golden brown. Drain on kitchen paper, sprinkle freely with salt, and serve at once.

POTATO CHIPS

Small potatoes, and kidney-shaped, if possible, are the best. Slice them as thinly as possible, and throw them into cold water as they are

done. Drain, and place them in a cloth to dry. Have ready a saucepan half full of boiling fat, place the dried slices of potato in a frying basket, not too many at a time, and immerse them in the fat. When they are a light golden brown, remove from the fat, and place on kitchen paper to drain. Sprinkle with salt, and serve.

TURNIPS AU GRATIN

INGREDIENTS

White turnips
1 onion
Pepper, salt

Butter
Grated cheese

Method.—Pare some turnips, cut them in half, and boil with the peeled onion in salted water. After 10 minutes' cooking remove the onion, and boil the turnips till tender. Drain, and pass them through a fine sieve. Return the pulp to the saucepan with butter, about 1 tablespoon to approximately 3 cups pulp. Season with salt and pepper, add 2 or 3 good tablespoons finely grated cheese. Stir all well, and turn the mixture into a buttered fireproof dish. Sprinkle grated cheese over, and brown in a hot oven.

BAKED CABBAGE

INGREDIENTS

1 cabbage
1 cup milk
1 oz. butter
1 tablespoon dessertspoon flour

3 tablespoons finely-grated cheese
Breadcrumbs
Extra butter
Salt, pepper

Method.—Prepare and boil the cabbage in the usual way. Drain well, and chop it finely. Melt the butter in a small saucepan. Add the flour, blend well, remove from the fire, and gradually stir in the milk. Return to the fire, and bring to the boil, stirring all the time. Cook for 2 minutes. Take a buttered piedish, and put in it layers of cabbage, white sauce, and grated cheese, with a seasoning of salt and pepper between the layers. Continue in this way till the dish is full, having sauce for the last layer. Sprinkle with breadcrumbs, dot with butter, and bake in a moderate oven for about $\frac{1}{2}$ hour.

HARICOT BEAN STEW

INGREDIENTS

1 pint haricot beans, soaked overnight
1 large onion
 $\frac{1}{2}$ lb. tomatoes
1 tablespoon semolina

1 oz. butter
1 quart water
Salt, pepper

Method.—Peel and slice the onion, and fry lightly in the butter. Add the drained beans and salt, then the water. Put a lid on the saucepan. Simmer for $2\frac{1}{2}$ hours. Shake in the semolina, and stir for 10 minutes. While the beans are cooking, peel the tomatoes, cut in slices, and cook lightly in a very little water. Add the tomatoes to the stew, just before serving.

CAULIFLOWER AU GRATIN

INGREDIENTS

A well-shaped and firm cauliflower	1 heaped dessertspoon flour
1 cup milk	4 tablespoons finely-grated cheese
1 tablespoon butter	Salt, pepper

Method.—Boil the cauliflower, after preparing it in the usual way, till tender, but firm. Drain and place it carefully in a casserole or pie, dish. Melt the butter in a small saucepan. Add the flour, blend well. Remove from the fire, and gradually stir in the milk. Return to the fire, and, stirring all the time, bring to the boil. Add pepper and salt to taste and 3 tablespoons of cheese. Mix well, and pour smoothly over the cauliflower, coating it entirely. Sprinkle over the remaining cheese, and bake in a moderate oven for about 30 minutes, till browned.

MOCK OYSTERS

INGREDIENTS

1 small tin sweet corn	$\frac{1}{2}$ cup milk
1 cup flour	Salt, pepper
4 eggs	

Method.—Sift the flour with salt and pepper into a bowl, make a well in the centre. Drop in the eggs, mix well, and gradually stir in the milk; beat thoroughly. Add the sweet corn, mix well, and fry in spoonfuls in plenty of boiling fat, until brown. Serve, after draining on kitchen paper, piled up on a dish like fritters.

CARROTS A L'ALLEMANDE

INGREDIENTS

10 young carrots	2 teaspoons finely-chopped parsley
$\frac{1}{2}$ oz. butter	Pepper, salt
4 egg yolks	Water
1 gill cream	

Method.—Scrape the carrots and cut them in thin slices. Place in a saucepan with the butter, salt, and pepper, and sufficient water to

cover them. Bring to the boil. Put a lid on the saucepan, and simmer gently for 20 minutes, shaking the pan occasionally to prevent burning. Remove from the fire. Mix the yolks of eggs with the cream. Add a little of the liquor from the saucepan, and stir this gradually into the pan. Return to the fire, and stir over a gentle heat till it thickens—but it must not boil—add the parsley, and serve.

CAULIFLOWER SPRIGS

INGREDIENTS

1 cauliflower of medium size	1 oz. butter (melted)
2 oz. flour	2 tablespoons warm water
1 egg (yolk and white separated)	Pinch salt

Method.—Sift the flour and salt into a basin, make a well in the centre, drop in the egg yolk. Mix well with a wooden spoon, gradually adding the water. Beat till smooth and stir in the butter. Wash the cauliflower, cut into neat sprigs, and cook till tender, but firm. Drain well. Whip the egg white to a stiff froth, and add to the batter. Dip the sprigs into this till well coated, and fry in plenty of boiling fat till golden brown. Drain on kitchen paper before serving.

SAVOY CHEESE AND EGGS

INGREDIENTS

A medium-sized Savoy cabbage	3 or 4 eggs
2 oz. finely-grated cheese	Pepper, salt
2 oz. butter	

Method.—Remove the outer leaves. Cut the Savoy in half and soak in salted water. Drain, remove all the hard centre, and shred the remainder like a lettuce. Cook in boiling salted water with a pinch of carbonate of soda, till tender. Drain well, and return to the saucepan with the butter, and a good half of the cheese. Season with salt and pepper. Stir well, and turn the mixture into a shallow fireproof dish. Shake over the remainder of the cheese, and bake in a moderate oven till browned, about $\frac{1}{2}$ hour. Meanwhile, steam the required number of eggs in a poacher, or round, plain-sided patty pans, well buttered. Stand them in a frying pan with boiling water, and, when set, remove carefully. Place them on the Savoy cheese, and serve at once.

CELERY BALLS

INGREDIENTS

2 cups cooked and diced celery	1 cup milk
1 cup soft breadcrumbs	1 teaspoon prepared mustard
1 cup grated cheese	Pepper, salt
1 hard-boiled egg	Egg
1 tablespoon butter	Dried breadcrumbs
1 heaped dessertspoon flour	

Method.—Make a sauce by melting butter, add flour, blend well, add milk gradually, and stir till it boils. Add cheese, celery, hard-boiled egg (mashed finely), 1 cup breadcrumbs, pepper, salt, and mustard. Mix all well together, and turn on to a plate to cool. When cold, roll into balls, dip in beaten egg, roll in breadcrumbs, and fry a golden brown in boiling fat.

FRENCH BEANS A LA MAÎTRE d'HÔTEL

INGREDIENTS

1 lb. French beans	Grate of nutmeg
1 cup white sauce	Juice of $\frac{1}{2}$ lemon
1 oz. butter	Salt, pepper
1 teaspoon finely-chopped parsley	

Method.—String the beans, slice them, and cook in the usual way. Drain, and keep hot. Meanwhile, place the other ingredients in a large saucepan. Mix well, and, when thoroughly hot, add the beans. Toss well together until very hot, and serve.

ASPARAGUS SOUFFLÉ

INGREDIENTS

1 bundle asparagus	1 gill milk
3 eggs	Salt, pepper
1 gill cream	

Method.—Boil the cleaned asparagus in salted water till tender, and rub the soft parts through a sieve. Add salt and pepper to taste. Stir in the beaten yolks of 2 eggs, with the milk and cream, and beat all well together. Whip the whites of eggs to a stiff froth. Fold lightly into the mixture. Turn into a greased soufflé dish. Greased paper should be tied round the outside of the dish, to stand $1\frac{1}{2}$ to 2 inches above the rim. Bake in a moderate oven for about $\frac{3}{4}$ hour. Remove the paper carefully before sending the soufflé to table, and serve at once.

POTATO PANCAKES

INGREDIENTS

1 lb. potatoes	Finely-chopped parsley
1 tablespoon flour	Salt, pepper
2 eggs	

Method.—Peel the potatoes, and boil in the usual way. Drain, and mash well. Season with salt and pepper, and allow to become cold. Mix with the flour and eggs, well beaten. More flour may be necessary, for the mixture should be of the same consistency as pastry.

Roll out the paste in a round, about $\frac{1}{2}$ inch thick, and cut in 4 equal portions. Fry in boiling fat, in a frying pan, till browned on both sides. Drain on kitchen paper, sprinkle parsley over, and serve very hot.

BRAISED VEGETABLES

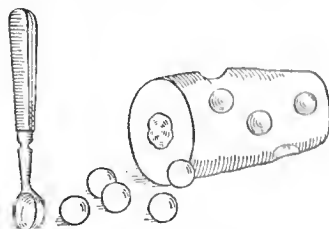
INGREDIENTS

Vegetables
4 to 6 oz. macaroni
1 oz. butter

1 pint stock or gravy
Salt, pepper
Melted butter

Method.—Prepare the vegetables, and cut them up roughly in slices or dice, whichever seems preferable, and fry in a saucepan with 1 oz. butter. Cook the macaroni in plenty of boiling salted water for 20 minutes. Butter a piedish, and place in layers of the macaroni and vegetables, seasoning each with salt and pepper. Pour over the stock, cover the dish, and bake in a moderate oven about $1\frac{1}{2}$ hours. Remove the cover, pour a little melted butter over, and allow to brown lightly.

VEGETABLE BALLS



Carrot and turnip, cut into rounds with a special vegetable cutter or scoop and cooked in the usual way, are served with dishes such as filet mignon, and in soups. Cucumber can be cut in the same way, as shown in the sketch.

STUFFED ONIONS

INGREDIENTS

6 large onions
1 cup breadcrumbs
1 $\frac{1}{2}$ tablespoons butter
 $\frac{1}{2}$ cup blanched and chopped almonds

$\frac{1}{2}$ teaspoon meat extract
Large pinch salt
A little milk
Pepper

Method.—Peel the onions and cook gently in boiling salted water for 45 minutes. Drain, remove the hard centres, chop these finely, and mix with the meat extract and butter till blended. Add almonds,

salt, pepper, breadcrumbs, and milk if necessary to make the stuffing of a workable consistency. Fill the onions with the mixture, and pile it well up on top. Bake in a buttered dish, in a moderate oven, till the onions are tender, and the stuffing browned. (See picture facing page 192.)

POACHED EGGS ON SPINACH

INGREDIENTS

Poached eggs	Salt, pepper
Spinach	Hot buttered toast
Butter	

Method.—Wash the spinach in at least three separate waters. Boil a small quantity of salted water in a saucepan. Add a pinch of carbonate of soda to improve the color of the spinach. Add the spinach and cook till tender. Drain and press out, with a saucer, all the water possible. Return to the saucepan. Add a large lump of butter, and salt and pepper to taste. Mix, and mash all well together. Cover each slice of hot buttered toast with spinach, and place a neatly trimmed, poached egg on top.

CAULIFLOWER SOUFFLÉ

INGREDIENTS

Small cauliflower	4 eggs
1 oz. butter	1 oz. grated cheese
1 oz. flour	Pinch salt
1 breakfast-cup milk	

Method.—Boil the cauliflower till tender, and cut into small pieces. Butter a deep casserole, and put the cauliflower in. Melt the butter, add flour, blend well. Add milk gradually, stirring all the time. Cook for 2 or 3 minutes. Remove from the fire and add 3 egg yolks, one at a time, beating the mixture well. Add the cheese and salt. Whip the whites of 4 eggs to a stiff froth, and fold into the mixture. Pour over the cauliflower, and bake, in a moderate oven, for about $\frac{1}{2}$ hour. Serve at once.

CURRIED VEGETABLES

INGREDIENTS

6 potatoes	2 oz. flour
3 carrots	1 to 2 tablespoons curry powder
1 parsnip	1 oz. butter
1 turnip	1 pint stock
1 onion	Salt
1 apple	

Method.—Scrape or peel the vegetables. Peel the apple and cut all into large dice. Melt the butter in a saucepan. Fry the onion,

apple, and carrots. Add the other vegetables and a good pinch of salt. When browned, add the flour and blend. Add curry powder and stock. Simmer, closely covered, till the vegetables are tender. Serve with boiled rice.

SPINACH SOUFFLÉ

INGREDIENTS

1 bunch spinach	4 eggs
1 rounded tablespoon butter	Pepper, salt
1 tablespoon flour	Grated nutmeg
1 cup milk	2 tablespoons finely-grated cheese

Method.—Wash the spinach thoroughly. Remove the stalks, and cook the spinach in boiling salted water. Drain well and pass through a sieve. Melt the butter, add flour, blend well. Add milk, spinach, pepper, salt, and a little grated nutmeg. Bring to the boil. Remove from fire and add the egg yolks, one by one, beating them well in, and add the cheese. Beat the whites to a stiff froth and fold them in. Bake in a deep casserole or soufflé dish in a good oven for about 30 minutes. Serve at once.

VEGETABLE PATTIES

INGREDIENTS

Any cooked left-over vegetables	Flour
A small quantity of mashed potato	Salt, pepper

Method.—Mash the vegetables well together; too much potato is a mistake. Season with pepper and salt. Shape into patties. Roll in flour, and fry them gently on both sides, in boiling fat. Drain on kitchen paper before serving.

EGG AND POTATO PIE

INGREDIENTS

6 medium-sized potatoes	2 eggs
2 tablespoons butter	Pepper, salt
3 tablespoons milk (or cream)	Dried breadcrumbs
2 or 3 hard-boiled eggs	Butter

Method.—Peel and boil the potatoes and beat them to a cream with the butter, milk, and 2 well-beaten eggs. Add pepper and salt to taste. Put a layer of this mixture into a well-greased piedish. Cover with a layer of sliced, hard-boiled egg. Repeat the layers, and the top layer should be potato. Cover with dried breadcrumbs, dot with butter, and place a sheet of brown paper over the piedish (a cover is better if you

have one to fit the dish). Bake in the oven till thoroughly heated through. Remove the cover, and allow the top to brown quickly. Serve at once.

CELERY AND CRAB PIE

INGREDIENTS

1 head young celery	Milk
1 tin crabmeat	Salt, pepper
1 oz. butter	Breadcrumbs
1 oz. flour (bare)	Butter

Method.—Remove the leaves. Wash the celery and cut it up in small pieces ($\frac{1}{2}$ -inch lengths). Put into a saucepan. Cover with cold water. Put a lid on the saucepan, and allow the celery to cook gently till tender. Strain the liquid from the celery, and put the celery into a buttered piedish. Take a breakfast-cup three-quarters full of celery liquid, and add milk to fill the cup. Melt the butter, stir in the flour, blend well. Add the cupful of liquid gradually, stirring all the time. Season with salt and pepper, and pour over the celery in the piedish. Remove any sinews there may be from the crabmeat, and add the meat, broken up, to the pie. Cover with dried breadcrumbs, dot with butter, and bake in the oven till browned.

CARROT MOULDS

INGREDIENTS

3 young carrots	1 tablespoon cream or milk
4 eggs	Stock, salt, pepper

Method.—Scrape the carrots, cut them in fine rings, and simmer slowly in the stock till tender. Butter 7 or 8 dariole moulds, and line them with small rings of carrot. Beat the eggs, add the cream, salt, pepper, and the rest of the carrots, chopped finely. Three-quarter fill the prepared moulds with the mixture, and cook in a hot oven for about 20 minutes. Turn the moulds out on to slices of hot buttered toast. Serve at once.

CELERY AU GRATIN

INGREDIENTS

4 heads celery	$\frac{1}{2}$ cup grated cheese	1 large tablespoon butter (melted)
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Method.—Wash and cut the celery in short lengths, and cook it in boiling salted water till tender. Drain and put the celery in a shallow fireproof dish. Sprinkle with grated cheese, and pour melted butter over. Bake in the oven till the celery is golden brown.

BIRDS' NESTS (BREAKFAST DISH OR ENTRÉE)

INGREDIENTS

Hard-boiled eggs
Mashed potato
Curry powder

Salt
Egg
Breadcrumbs

Method.—Mash the potatoes smoothly. Add salt and curry powder to taste. Cover each egg completely with potato. Roll in beaten egg, then breadcrumbs, and fry till golden brown, in plenty of boiling fat. Cut each egg in half before serving. The nests may be placed on rounds of fried bread, if liked.

POTATO SOUFFLÉ

INGREDIENTS

Potatoes of even size (1 for each person)

For 5 potatoes :

2 eggs

1 tablespoon butter

1 tablespoon milk (or cream)

1 dessertspoon finely-chopped parsley

Pepper and salt

Method.—Bake the potatoes, in their jackets, till soft. Place in the best non-rolling position, cut a hole in the top of each, and scoop out the insides, being careful not to break the cases. Pass the scooped-out potato through a sieve. Add the butter, milk, pepper, salt, parsley, and beaten yolks of eggs. Beat and mix all well together. Whip the whites of eggs stiffly, and stir into the mixture. Fill the cases with this, and bake in a good oven, for about $\frac{1}{2}$ hour.

MUSHROOM SCALLOPS

INGREDIENTS

1 lb. mushrooms

1 oz. butter

1 oz. flour

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup milk

1 tablespoon cream (may be omitted)

Pepper, salt

Breadcrumbs

Method.—Peel and clean the mushrooms. Put them into a saucepan, with the milk, water, pepper, and salt. Cover closely. Stew gently till tender. Strain the liquid from the mushrooms, and set both aside. Melt the butter, stir the flour well in, gradually add the liquid, and stir till boiling. Cool a little and add cream. Taste the mixture, and add more pepper and salt if needed. Add the mushrooms, and pour into thickly-buttered scallop shells. Sprinkle with breadcrumbs, dot lightly with butter, and bake in a good oven for about 20 minutes.



Garnishes may make or mar a dish. This picture shows crayfish claws, young lettuce leaves, sliced gherkins, and olives used with good effect.



Roast squabs are served on
toast with slices of fat bacon.
(See page 55.)

CARROTS AND SAUCE

INGREDIENTS

3 carrots
1 cup white stock or milk
1 oz. butter
Teaspoon sugar

Lemon juice
1 dessertspoon flour
Pepper, salt, and parsley

Method.—Scald the carrots in boiling water, then scrape and slice them. Put them into boiling water with the sugar and a little butter, and simmer till tender. Make a sauce with the flour, butter, stock, and flavoring. Cook for 10 minutes, then add the hot carrots. Add a squeeze of lemon juice. Serve very hot, sprinkled liberally with finely-chopped parsley.

GRILLED MUSHROOMS

Choose large mushrooms—not so large that they are coarse. Put these—they may be cut if necessary—on toast. Sprinkle them with a little pepper and salt, and a little butter. Grill for a few minutes, then take them out and turn the mushrooms over on to the other side: Sprinkle them again with seasoning and a few flecks of butter. Grill carefully and serve piping hot, pouring over them some hot melted butter to which have been added a few drops of lemon juice. All mushrooms should be as hot as possible when served.

Grilled on toast like this, all the juices are conserved, but it is only possible under a gas or electric grill.

STUFFED EGG PLANTS

INGREDIENTS

Egg plants
Cooked rice
Tomatoes

Salt, pepper
Butter
Red peppers

Method.—Cut the egg plants in two, from top to bottom. Sprinkle with salt to bring out some of the moisture, then wipe them after $\frac{1}{2}$ hour or so. Dry and fry in oil or in butter. When soft, scoop out the inside, being careful not to break the skin, and chop up. Fry together $\frac{1}{2}$ lb. tomatoes and a large red pepper, or two if they are small. Use butter for the frying, or oil. The peppers should be cut into small strips, and the tomatoes must be free from skin. Blend this mixture with about a cupful of boiled rice, and mix with it the scooped-out flesh of the egg plant. Season with a little pepper and salt. Fill the skins with this mixture. Sprinkle with a few browned breadcrumbs, dot with butter, and brown in the oven or under a griller.

VEGETABLE PIE

INGREDIENTS

1 very small cauliflower	1 heaped dessertspoon flour
1 small head celery	1 oz. butter
1 lb. potatoes	1 cup milk
1 onion	Salt, pepper
1 small carrot, turnip, and parsnip	

Method.—Prepare and boil the potatoes in the usual way. Mash well, and press them through a sieve. Line a buttered piedish, sides and bottom, with some of the potato. Prepare and slice the onion, carrot, parsnip, and celery. Dice the turnip, and break the cauliflower into small sprigs. Boil the onion for 15 minutes. Add the other vegetables, and cook till just tender, but not mushy. Drain well. Meanwhile, make a white sauce. Melt the butter, blend with the flour, add the milk by degrees, and stir till boiling. Place half the vegetables in the prepared piedish. Add salt and pepper, then a layer of sauce, more vegetables, salt and pepper, and sauce again. Cover all with the remaining potato. Smooth it off, and bake in a moderate oven till browned.

RICE AND TOMATO PIE

INGREDIENTS

1 cup rice	$\frac{1}{2}$ cup milk
1 $\frac{1}{2}$ lb. tomatoes	Salt, pepper
2 eggs	

Method.—Boil the rice in the usual way. Skin and slice the tomatoes. Beat the eggs and add the milk to them. Butter a piedish and fill with alternate layers of rice and tomato. Add salt and pepper, and pour eggs and milk on top. Bake 20 to 30 minutes in a moderate oven.

SWEET CORN FRITTERS

INGREDIENTS

A small tin sweet corn	Pepper and salt
2 tablespoons thick white sauce	Bacon
1 well-beaten egg	

Method.—Drain the liquor from a tin of sweet corn. Chop the corn finely with a sharp knife. Add to it 2 tablespoons of thick white sauce (made with butter, flour, and milk). Season with pepper and salt. Add a well-beaten egg. Drop by spoonfuls into boiling fat. When golden brown take out and drain on paper in the oven. Serve with curly rashers of bacon.

TOMATOES AND SWEET CORN

Choose firm, round tomatoes. Cut a slice from the blossom end and scoop out the pulp. Fill the cavities with tinned sweet corn, and bake till tender. Pour melted butter and a squeeze of lemon juice over each. Serve very hot.

STUFFED TOMATOES

INGREDIENTS

6 medium-sized tomatoes	1 dessertspoon butter, melted
3 tablespoons soft breadcrumbs	$\frac{1}{2}$ teaspoon mixed herbs
1 dessertspoon finely-chopped parsley	1 small egg
4 oz. cooked ham	Salt, pepper

Method.—Mince the ham finely. Mix with the other ingredients to the consistency of firm stuffing. Cut the tops off the tomatoes and scoop out some of the insides, being careful not to break the outside skins. Fill the cavities with stuffing, piling it well up. Bake in a moderately hot oven for about 20 minutes.

POACHED EGGS WITH CURRIED ONIONS

INGREDIENTS

3 or 4 poached eggs	1 cup milk
Hot buttered toast	1 tablespoon chopped parsley
1 large or 2 small onions	1 tablespoon curry powder
1 or 2 stalks celery	1 tablespoon flour

Method.—Peel the onions and wash the celery. Chop up finely the celery and 1 tablespoon onion. Fry them, with the parsley, in a little boiling fat, till lightly browned. Stir in the flour and curry powder. Add the milk gradually, and stir till it boils. Cut the remainder of the onion into thin rings, and fry in a little boiling fat till tender. Drain on kitchen paper, and add to the sauce. Keep the curried onions hot while you poach the eggs. Place them on squares of hot buttered toast, and pour the onions round.

CREAMED CARROTS

INGREDIENTS

6 bunches young carrots	2 tablespoons flour
$\frac{1}{2}$ cups milk	1 teaspoon finely-chopped parsley
1 egg yolk (may be omitted)	Pepper, salt
6 tablespoons butter	

Method.—Scrape the carrots, cut them into neat dice, and cook in boiling salted water till tender. Melt the butter, add flour, blend well.

Gradually add the milk, and stir till the mixture boils. Cook for 2 minutes, cool a little. Add the beaten egg yolk and parsley. Season well with salt and pepper. Add the carrots, and reheat without boiling.

PARSNIP FRITTERS

INGREDIENTS

5 or 6 medium-sized parsnips

1 egg yolk

Pepper, salt, flour

Method.—Scrape the parsnips, and boil them in the usual way till tender. Drain, and mash them. Season well with salt and pepper. Add the beaten egg yolk and a little flour, enough to make the mixture rollable. Sift some flour on to a board, and roll spoonfuls of the mixture lightly in it, shaping them neatly at the same time. Fry in plenty of boiling fat, using a frying basket, till golden brown. Drain on kitchen paper, and serve at once.

MACEDOINE OF VEGETABLES

INGREDIENTS

1 cup diced carrot
1 cup diced parsnip
1 cup diced celery
1 cup diced turnip
1 cup shelled peas
1 oz. butter

1 cup sliced French beans
1 oz. flour
 $\frac{1}{2}$ cup milk
1 teaspoon finely-chopped parsley
Salt, pepper

Method.—The carrot, celery, parsnip, and turnip may all be cooked together, but as the carrot will take longer, it should be put into boiling water and allowed to simmer for 15 to 20 minutes before the other vegetables are added. Cook the beans and peas separately. When all are tender, drain them well, and reserve a good half-cupful of the water from the carrots, celery, etc. Melt the butter in a saucepan. Add the flour and blend well. Add gradually the vegetable liquid and milk mixed. Stir over a low fire till the sauce thickens, and boil for 2 minutes. Add salt and pepper to taste, and the parsley. Mix the vegetables lightly together, pile on a hot dish, pour the sauce over, and serve at once.

SPINACH MOULDS

INGREDIENTS

2 bunches spinach
1 teaspoon butter
Finely-grated cheese

Pepper, salt
3 squares hot buttered toast
3 rolls fried bacon

Method.—Wash the spinach thoroughly in several waters. Cook with a little boiling water, and a pinch of bicarbonate of soda to im-

prove the color. Drain, and press out all the moisture possible. Return to the saucepan with the butter, and pepper and salt to taste. Butter 3 dariole moulds thickly, and fill with spinach. Stand the moulds in a saucepan, with a little boiling water, till they are thoroughly heated through. Meanwhile prepare the squares of hot buttered toast, and fry the rolls of bacon. Turn the moulds out on the toast. Sprinkle cheese over, garnish with the bacon, and serve at once.

POTATO AND CHEESE PIE

INGREDIENTS

3 cnps mashed potato	2 eggs
$\frac{1}{2}$ cup hot milk	1 tablespoon finely-chopped parsley
$\frac{1}{4}$ oz. finely-grated cheese	Salt, pepper

Method.—Separate the eggs. Beat the yolks, and add them, with the milk, parsley, and cheese, to the potato. Season with pepper and salt, and beat all together. Whip the whites of eggs to a stiff froth, and fold them into the potato. Bake in a buttered piedish, in a good oven, for about 30 minutes.

TOMATO AND ONION PIE

INGREDIENTS

Tomatoes	Salt, pepper
Onions	Breadcrumbs
Dripping	

Method.—Pour boiling water over the tomatoes and skin them. Peel the onions and slice up both vegetables. Grease a piedish freely with dripping. Put in alternate layers of tomato and onion, and season each layer with salt and pepper. Sprinkle breadcrumbs freely over the top, and dot with dripping. Bake in a moderate oven till the onion is tender—from 1 to 1 $\frac{1}{2}$ hours.

STUFFED VEGETABLE MARROW

INGREDIENTS

1 young marrow	2 tablespoons parboiled onion, finely chopped
$\frac{1}{2}$ lb. cold meat, minced, or minced raw steak	1 tablespoon tomato sauce
$\frac{1}{4}$ oz. breadcrumbs	1 teaspoon chopped mixed herbs
1 tablespoon butter, melted	Salt, pepper
1 tablespoon chopped parsley	Milk

Method.—Do not peel the marrow, cut off the top and scoop out the seeds. Make a stuffing with the other ingredients, adding milk, if

necessary, to bind the mixture together (it should not be too moist). Fill the cavity in the marrow. Replace the top, using one or two skewers to keep it in position. Bake in the oven as you would a joint of meat. Baste frequently, and cook till the marrow is tender—about $1\frac{1}{2}$ hours.

COOKED CUCUMBER

INGREDIENTS

2 cucumbers of medium size
2 egg yolks
2 oz. butter
1 oz. flour

1 breakfast-cup milk
1 teaspoon finely-chopped parsley
Salt, pepper

Method.—Peel the cucumbers, and cook for 10 minutes in boiling salted water. Make a sauce by melting 1 oz. of butter in a saucepan. Add the flour, and blend well. Gradually add milk, stirring all the time. Cook till the mixture boils. When the cucumbers are ready, drain them and cut into $\frac{1}{2}$ -inch slices. Melt 1 oz. butter in a pan. Add the sliced cucumber, season with pepper and salt, and shake the pan over the fire for a few minutes. Add the sauce and parsley and, when nearly boiling, add the beaten yolks of eggs. Stir till heated through, but do not allow it to boil.

POTATO CROQUETTES

INGREDIENTS

$1\frac{1}{2}$ cups mashed potato
1 teaspoon finely-chopped parsley
1 teaspoon butter

1 egg yolk
Pepper, salt

Method.—Beat all ingredients well together. Roll into balls, using a little flour to prevent sticking, if the potato is too moist. Fry in boiling fat till golden brown. Drain on kitchen paper, and serve at once.

FRENCH BEANS WITH BUTTERED EGGS

INGREDIENTS

2 lb. French beans
4 eggs

Salt, pepper
Butter

Method.—Prepare and cook the beans in the usual way, drain them well. Add 2 or 3 oz. butter with salt and pepper to taste, and pile on a hot dish. While the beans are cooking, prepare four deep patty tins for the eggs. Butter them well. Break an egg into each, and stand the tins in a frying pan with a little boiling water. Keep the water boiling till the eggs are set. Use a knife to loosen, and remove them from the tins. Then set them on top of the prepared beans.

MINCE IN MARROW

INGREDIENTS

Marrow	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ lb. cold veal or lamb	A little stock
1 oz. butter	Salt, pepper
1 oz. flour	Mushroom ketchup, or other flavoring

Method.—First prepare the marrow. If it is a large one, a ring big enough to hold all the mince may be obtained. If not, the mince may be served in individual rings. Peel the marrow. Remove seeds and cut across into a ring 3 or 4 inches deep, according to size required. With a sharp knife cut into battlement shape. Steam this ring, or boil it, until it is nearly cooked, but not quite. Put it in a dish in which it can be served. Fill with the mince, which must not be too moist. Sprinkle the mince with breadcrumbs and dot with butter. Bake till breadcrumbs color. Ornament the ring with small baked onions or tomatoes, or any other vegetable liked. Serve very hot.

To make the mince, dice the meat very finely, and mix it with a sauce made with the stock, milk and flour, butter, pepper and salt, and a flavoring of mushroom ketchup.

SALADS and SALAD DRESSING



THE value of salad as an article of diet is widely acknowledged. There are few vegetables unsuitable for salad making. Salads may be sweet or savory, and served with hot or cold dishes.

Recipes for those which may be served as a separate course, such as fish, meat, and chicken salads, will be found in the fish, meat, and chicken sections.

Lettuce forms the foundation of most salads, and care should be taken with its preparation.

Cut off the butt and hold the lettuce upright under gently running water. This separates the leaves without damaging them. Remove them carefully. Wash, place in plenty of cold water, and leave till crisp. To dry, shake gently in a towel, never press.

To shred lettuce or other vegetables, use a sharp stainless knife.

Dressing should be added at the last minute. A French dressing of oil and vinegar will cause lettuce to turn brown and lose its crispness if added too long beforehand.

FRENCH DRESSING

INGREDIENTS

3 tablespoons olive oil
1½ tablespoons vinegar

Good pinch salt
Pinch pepper

Method.—Stir the salt and pepper into the oil, then drop by drop add the vinegar, stirring all the time.

MAYONNAISE (WITHOUT OIL)

INGREDIENTS

1 tablespoon butter
1 dessertspoon flour
½ cup milk
1 dessertspoon sugar
½ cup vinegar

1 hard-boiled egg
1 teaspoon salt
½ teaspoon mustard
½ teaspoon pepper

Method.—Mash to a smooth paste the yolk of egg, sugar, pepper, salt, and mustard. Add the vinegar, slowly, stirring all the time.

Melt butter in a saucepan, and, with a wooden spoon, blend in the flour. Add milk gradually, and stir till it boils. Add the other ingredients, and stir over the fire, till creamy and smooth.

FRENCH MAYONNAISE

INGREDIENTS

2 raw egg yolks	$\frac{1}{2}$ teaspoon salt
2 tablespoons vinegar	$\frac{1}{2}$ teaspoon mustard
1 gill olive oil	Pinch cayenne
1 teaspoon sugar	

Method.—Put the yolks of eggs in a smooth basin and beat slightly, with the sugar, salt, mustard, and cayenne. Add the oil, a drop at a time, with a wooden spoon, stirring well, till the mixture is thick and creamy. Add the vinegar a drop at a time. This mayonnaise must be made in a cool place, and it is a good plan to stand the basin in a dish, with cold water. The mixture will keep for several days if stored in a cool place. Before using, a little whipped cream may be added, but this is not necessary.

BOILED SALAD DRESSING

INGREDIENTS

2 tablespoons sugar	2 teaspoons flour
1 dessertspoon mustard	$\frac{1}{2}$ cup vinegar
1 teaspoon salt	1 dessertspoon butter, added after
1 egg	removing from fire
1 cup water	

Method.—Mix dry ingredients. Add egg lightly beaten, vinegar, and water. Stir over fire until thick. Then remove, add butter. Put into bottles and keep well corked. If too thick, thin with a little cream or milk.

MAYONNAISE SAUCE

INGREDIENTS

Eggs	Vinegar, lemon juice
Oil	Salt

Method.—Break the yolks of 2 eggs into a bowl. Add a small salt-spoon of salt. Stir very slowly with a spoon. Add the oil, drop by drop. As the yolks thicken, the oil may be added by the spoonful. The stirring must be slow, and the oil must be cold. 2 eggs will thicken about $\frac{1}{2}$ pint of oil. To this amount add a scant tablespoon of vinegar and a squeeze of lemon juice.

HORSERADISH MAYONNAISE

Add a tablespoon of fresh shredded horseradish to a cup of mayonnaise sauce.

EGG DRESSING

Boil 2 eggs hard and press the yolks through a sieve. Put into a bowl with a little finely chopped parsley, and, if liked, a little chopped celery leaf. Add a little made mustard, pepper, and salt. Add to it slowly 4 tablespoons olive oil, and then 2 tablespoons vinegar.

MAYONNAISE DRESSING (1)

Put a dessertspoon of butter with 2 dessertspoons sugar in a double saucepan. As the butter melts stir in the yolk of an egg, a pinch of cayenne pepper, a saltspoon of mixed mustard, and a pinch of salt. Take off the fire, and stir in 2 tablespoons of milk. Then carefully, at first drop by drop, stir in 3 tablespoons of vinegar. If you add the first teaspoon without the mixture curdling, the rest may be added more rapidly. Put back the mixture on the fire and stir until it thickens like a custard. Then beat in the stiffly whipped white of an egg and set aside to cool.

MAYONNAISE DRESSING (2)**INGREDIENTS**

1 large teaspoon mustard

Large pinch pepper

$\frac{1}{2}$ teaspoon salt

2 tablespoons condensed milk

1 egg yolk (well beaten)

1 egg white (stiffly beaten)

2 tablespoons salad oil (oiled butter will do)

2 tablespoons vinegar (white for preference)

Method.—Mix the mustard, salt, and pepper with the milk. Add all other ingredients but egg white. Blend very thoroughly, add beaten white last.

LEMON DRESSING

Put 2 tablespoons water, 2 dessertspoons vinegar, and 2 oz. butter in a saucepan. Warm till butter melts. Then stir in the yolks of 2 eggs until it thickens. Do not let it boil. Add the juice of 1 lemon and salt to taste. Remove from the fire and use when cold.

THE SUN SALAD

INGREDIENTS

4 firm round tomatoes
4 hard-boiled eggs
1 lb. cooked French beans

Mayonnaise
Salt, lettuce

Method.—Turn the tomatoes stalk downwards. Cut a piece from the top, and scoop out as much of the centre as possible, without breaking the case. Chop the beans finely, season with salt and mayonnaise, and fill the tomatoes with this mixture. Cut the eggs in half across, and put the yolks on one side. Cut the whites into strips, and place them from the centres of the tomatoes, to represent the petals of a flower. Press the yolks through a sieve, and place a little in the centre of each flower. Serve on curly young lettuce leaves.

TOMATO SHAPES

INGREDIENTS

Small tin tomato soup
4 dessertspoons gelatine
1 hard-boiled egg

2 teaspoons finely-grated cheese
Watercress
Water

Method.—Measure the quantity of soup, and make it up to $1\frac{1}{2}$ cups with cold water. Place in a saucepan with the gelatine, and allow to heat till the gelatine is dissolved. Cool. Meanwhile, take 4 small moulds or cups, with sides sloping gently outwards. Rinse them with cold water, and place a slice of hard-boiled egg in the bottom of each. Pour just enough tomato mixture over to cover the egg. Add cheese, and allow to set. When these are firm, add the rest of the tomato, and set on ice till required. Unmould and serve surrounded with fresh, crisp watercress.

WALNUT AND CELERY SALAD

INGREDIENTS

1 lb. walnuts
Salt
Lettuce

Mayonnaise
1 head young celery

Method.—Wash and chop finely the young and tender part of the celery. Chop the walnuts finely, and mix with the celery. Add salt to taste. Cover with mayonnaise, and mix well. Serve on a bed of lettuce finely shredded.

FRENCH SALAD

INGREDIENTS

2 lettuce	1 small teaspoon pepper
$\frac{1}{2}$ bunch watercress	1 tablespoon vinegar
1 teaspoon finely-chopped chives	2 tablespoons olive oil (less, if preferred)
1 small teaspoon salt	

Method.—Wash and dry thoroughly the lettuce and watercress. Do not cut; tear them into pieces, and place in a salad bowl with the chives. Mix the salt and pepper with the oil, and add the vinegar, blending all well together. Pour this over the greens, and toss them well, for about 2 minutes.

APPLE AND CUCUMBER SALAD

INGREDIENTS

Apples and cucumber, in equal quantities	Finely-grated cheese
Squeeze lemon juice	Whipped cream
	Salt, pepper

Method.—Peel and core the apples. Peel the cucumber. Cut equal quantities of each into tiny chunks. Season with salt and pepper. Add a squeeze of lemon juice, and mix all well together. Place in a bowl, cover with lightly whipped cream, and sprinkle the cheese over.

TOMATO AND PEA SALAD

INGREDIENTS

3 round, firm tomatoes	Lettuce
$\frac{1}{2}$ lb. green peas (cooked)	Mayonnaise
Hard-boiled egg	Salt, pepper

Method.—Wash the tomatoes, and cut each in half (round the middle). Carefully scoop out most of the centres. Fill the cups with peas, and place each on a curly young lettuce leaf, previously washed and crisped in cold water. Place the filled tomatoes on the lettuce, so that a portion of the leaf overhangs. Against this, prop a slice of hard-boiled egg. Serve the mayonnaise separately.

ENGLISH SALAD

INGREDIENTS

Lettuce	Sugar
Watercress	Salt, pepper
Radishes	Equal parts oil and vinegar
Spring onions	Tomato or hard-boiled egg

Method.—Wash and thoroughly dry the lettuce, cress, radishes, and onions. Shred the lettuce. Remove the larger stalks of the cress. Slice the radishes and onions finely. Mix all well together, with a seasoning of salt and pepper, and a sprinkling of sugar. Mix equal quantities of oil and vinegar together and add to the salad. Toss it lightly over and over. Garnish with thin slices of tomato or hard-boiled egg.

ONION AND TOMATO SALAD

INGREDIENTS

1½ lb. tomatoes
1 brown onion
1 small cucumber

6 stuffed olives
Equal parts oil and vinegar
Salt, pepper

Method.—Peel the onion and cucumber, and slice them and the tomato very finely. Place in layers in a salad bowl, sprinkling each layer with salt and pepper. Mix equal quantities of oil and vinegar together, and pour over all. Garnish with the olives.

LETTUCE AND POTATO SALAD

INGREDIENTS

1 lb. cold new potatoes
1 lettuce
1 teaspoon finely-chopped parsley

1 teaspoon finely-chopped chives
Salad dressing

Method.—Wash and dry the lettuce, and shred it finely. Slice the potatoes. Place alternate layers of lettuce, potato, and chives in a salad bowl, with potato for the last layer. Pour the dressing over, and sprinkle with parsley.

EGG AND GHERKIN SALAD

INGREDIENTS

6 hard-boiled eggs
Dressing
Lettuce

Salt, pepper
6 gherkins

Method.—Mash the eggs, chop the gherkins finely, and mix well together. Season with salt and pepper. Take crisp, young lettuce leaves, place a helping of egg mixture on each, pour dressing over, and serve.

ASPARAGUS BUNDLES

INGREDIENTS

A tin small asparagus tips Curly lettuce leaves 2 firm tomatoes, large and round

For the Sauce (Tartare)

1 egg yolk	2 teaspoons vinegar
2 tablespoons olive oil	1 teaspoon finely-chopped gherkins
1 tablespoon cream	and capers, mixed
1 teaspoon finely-chopped parsley	$\frac{1}{2}$ teaspoon sugar
Pinch salt, dash cayenne	

Method.—To make the sauce, stir the yolk of egg in a smooth basin, with a wooden spoon. Add the oil a drop at a time, stirring well till the mixture becomes very thick. Add the cream, sugar, salt, cayenne, and mix well. Stir in the parsley, capers, and gherkins. Add the vinegar gradually, and set on ice till required. Cut slices of tomato about $\frac{1}{4}$ inch thick. Stamp out the centre of the slices with a round cutter, and through each of these rings place 4 or 5 asparagus tips (previously well drained). Arrange the bundles each on a curly lettuce leaf, and hand the sauce separately.

BEAN AND POTATO SALAD

INGREDIENTS

New potatoes, cooked French beans, cooked

Method.—Place in a glass dish alternate layers of cold diced potatoes (waxy ones are best) and French beans. Do not be sparing of beans. Serve mayonnaise separately.

ORANGE AND GRAPE SALAD

INGREDIENTS

Oranges	Mayonnaise
White grapes	Mint or parsley
Almonds	

Method.—Cut large oranges in half, allowing half for each person. Remove the pulp, taking care not to injure the rind. Mix the pulp with some skinned and seeded white grapes. Add a tablespoon of Sauterne to each half orange (or, if preferred, a small teaspoon of lemon juice). Add a tablespoon of blanched and chopped almonds. Put back into the orange shells. Cover with a topping of thick mayonnaise, and sprinkle with finely chopped parsley or mint.

ORANGE SALAD

INGREDIENTS

French dressing

Oranges

Lettuce or watercress

Method.—Skin rather sour oranges, remove all white pith, and break segments into two pieces. Toss in a French dressing made with lemon juice instead of vinegar, and serve in a curved lettuce leaf or a nest of watercress.

TOMATO SALAD WITH HORSERADISH

INGREDIENTS

4 tomatoes

2 tablespoons grated horseradish

Lettuce

Cayenne and salt

3 tablespoons cream

Chopped parsley

1 dessertspoon vinegar

Method.—Skin the tomatoes, after plunging into boiling water for $\frac{1}{2}$ minute. Cut in half and arrange in crisp lettuce leaves. Make a sauce by mixing the horseradish and seasoning with the vinegar and adding the whipped cream. Put a spoonful on each tomato. Serve very cold.

RUSSIAN SALAD

INGREDIENTS

Peas

Beetroot

Carrots

Gherkins

Turnips

Mayonnaise

Method.—Take a cupful each of cold cooked peas, carrots, turnips and beetroot, and $\frac{1}{2}$ cup of gherkins. They should be neatly diced and mixed together with a little good mayonnaise. Serve garnished with watercress.

TOMATO AND PINEAPPLE SALAD

INGREDIENTS

Tomatoes

Lettuce leaves

Pineapple

Salt

Mayonnaise dressing

Method.—Choose well-shaped tomatoes, and cut a thin slice off the blossom end. Hollow them out and remove a little of the pulp. Fill with cubes of pineapple—fresh or preserved. Serve with a spoonful of mayonnaise on each. Place on leaves of crisp lettuce.

ORANGE AND ONION SALAD

Take 5 or 6 oranges. Peel them, taking off as much of the white pith as possible. Cut into round slices about $\frac{1}{2}$ inch thick. Then cut the slices into four. Cut 1 silverskin onion into small pieces. Put one layer of orange in salad bowl and sprinkle onion over it. Repeat layers till bowl is full. Serve with a sweet mayonnaise dressing.

BANANA AND CELERY SALAD

INGREDIENTS

1 lettuce	6 bananas
3 cups diced celery	Mayonnaise

Method.—Wash the lettuce and crisp it in cold water. Peel and slice the bananas (at the last moment or they will discolor). Mix with the celery, and place on a bed of crisp lettuce leaves. Serve mayonnaise separately.

CARROT SALAD

INGREDIENTS

4 young carrots (cooked)	French dressing
1 dessertspoon capers	1 gherkin
Salt	1 dessertspoon finely-chopped parsley

Method.—Slice the cold carrots and gherkin finely. Mix with the capers, sprinkle with salt, and toss lightly in French dressing. Shake parsley over and serve.

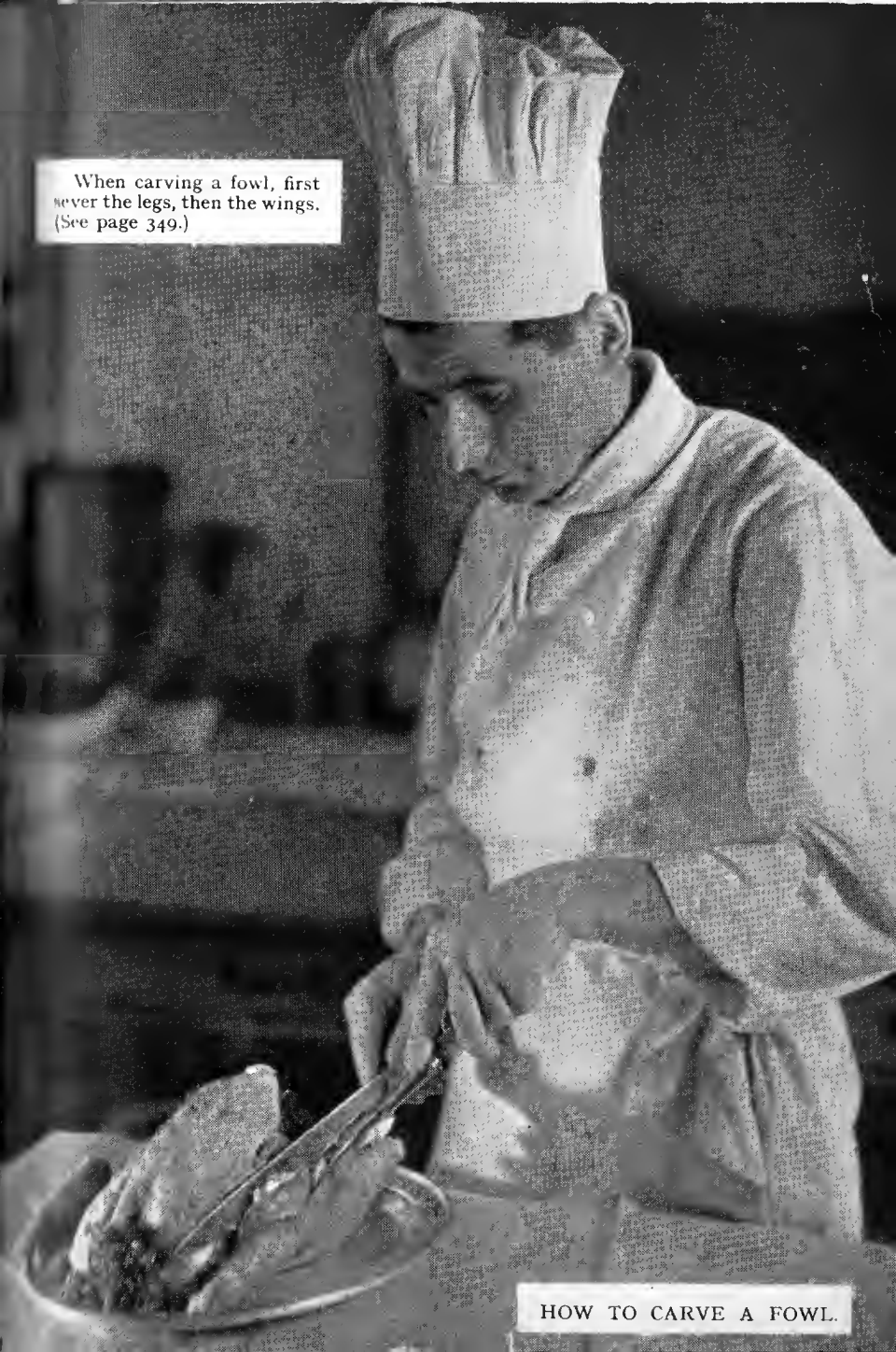
APPLE AND CELERY SALAD

INGREDIENTS

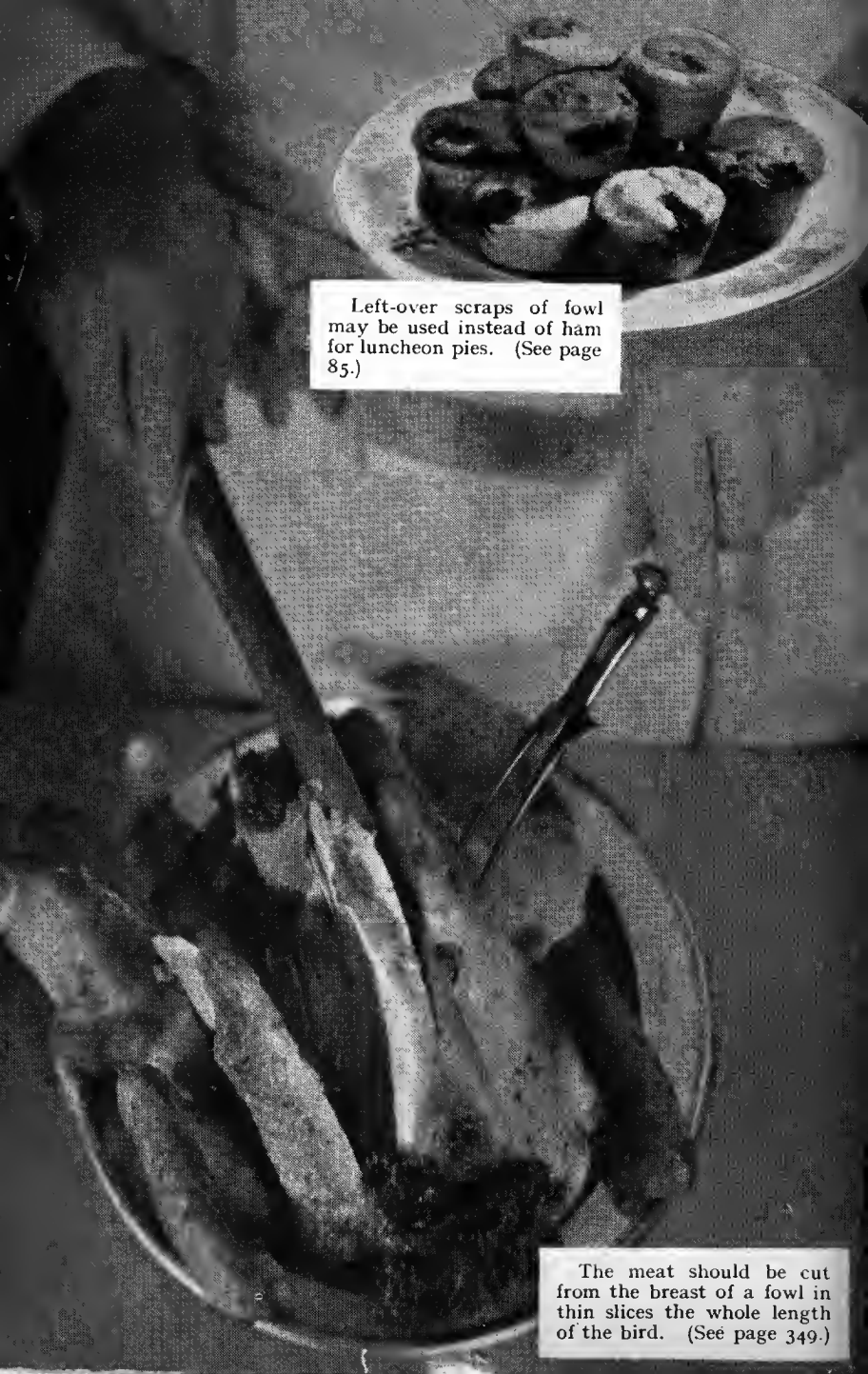
Apples	Finely-chopped walnuts
Celery	Salad dressing

Method.—Peel, core, and finely dice the apples. Wash the celery and dice it. Mix equal quantities together, pour over a little salad dressing, and sprinkle with walnuts.

When carving a fowl, first
never the legs, then the wings.
(See page 349.)



HOW TO CARVE A FOWL.



Left-over scraps of fowl
may be used instead of ham
for luncheon pies. (See page
85.)

The meat should be cut
from the breast of a fowl in
thin slices the whole length
of the bird. (See page 349.)

HOT PUDDINGS



Hot puddings may be divided roughly into six sections—boiled, steamed, milk, batter, soufflé, and pastry.

Pastry recipes (sweet and savory) appear in a separate section.

A boiled pudding, cooked in a basin, should fill the basin. It must be entirely covered with boiling water all the time it is cooking. A pudding boiled in a cloth must be kept in sufficient boiling water to float it.

If a suet pudding does not fill the basin, crusts of bread may be put on top.

To scald and flour a pudding cloth, dip the centre in boiling water and press out the moisture (a flat saucepan lid will help), then sprinkle lightly with flour.

Suet crust for boiled or steamed fruit puddings is made thus:

Sift 8 oz. flour with $\frac{1}{2}$ teaspoon baking powder and a pinch of salt. Rub into this 4 oz. finely shredded suet, and mix with cold water or milk to a dry paste.

A steamed pudding should not fill the basin, but leave room for it to rise. It should be covered with buttered paper, securely tied down. Stand the basin in a saucepan with boiling water reaching half-way up the sides of the basin, and add more boiling water as it diminishes, keeping it at the same level.

The following is a foundation recipe for steamed puddings:

Cream $2\frac{1}{2}$ oz. butter or dripping with 3 oz. sugar. Add 2 eggs, beat well. Add 4 tablespoons milk and fruit or other flavoring. Add 6 oz. self-raising flour, beat well, and steam for $1\frac{1}{2}$ hours.

Add $\frac{1}{4}$ lb. sultanas, dates, or currants, etc., for fruit puddings.

Add 1 oz. cocoa for chocolate pudding.

Add 1 oz. cinnamon or other spice, as desired, or 3 tablespoons of jam may be placed in the bottom of the prepared basin.

Half quantities of boiled or steamed pudding will need two-thirds of the given time to cook.

Allow a pudding to stand for a minute before turning it out of the basin. It is less likely to break.

Milk puddings are greatly improved if cooked in a double saucepan, sweetened to taste, and merely browned and set in the oven.

A good substitute for a double saucepan is a covered billy standing in a saucepan with boiling water.

Allow 2 oz. grain and 2 or 3 oz. sugar to a pint of milk for a plain pudding.

Add a large or 2 small eggs to the above quantities for a richer pudding. Beat the egg well, and stir it in just before placing the pudding in the oven.

When baking custard, stand the dish in another containing water. A standard recipe for batter for fruit fritters is :

INGREDIENTS

2½ tablespoons flour
1 dessertspoon butter (melted)

1 egg (separated)
½ cup warm water

Method.—Sift the flour into a basin. Add the yolk of egg and mix well. Add the water by degrees, and the butter. Allow to stand for an hour. Whip the white to a stiff froth, and add just before using.

A faint blue smoke should rise from the fat when boiling. Never attempt to fry before the fat has reached this stage. Fry only a small quantity at a time. Reheat the fat before frying the next batch. Thoroughly drain fried food on kitchen paper. Do not coat the fruit with batter till ready to fry it. Serve all fried food as soon as possible.

A hot soufflé must be served at once.

To bake a soufflé, put it into a buttered soufflé dish (a fireproof glass dish or casserole will serve the purpose) and fill to only two-thirds of its capacity.

When steaming a soufflé, if you have no soufflé mould, a round cake tin will do. Tie several pieces of folded and freely greased kitchen paper round the outside, making it come 2 or 3 inches above the rim. Stand the tin on something—a large, round pastry cutter or a small wire cake stand. The water should not reach higher than one-third of the way up the sides of the tin. Cover with a buttered paper. Put the tin into boiling water, and steam very gently for ¾ hour. Remove the paper carefully before turning the soufflé on to a hot dish.

SMALL DATE PUDDING

INGREDIENTS

¾ cup shredded suet
¾ cup dates
½ cup sugar
1 teaspoon cinnamon

1 cup plain flour
1 small teaspoon bicarbonate soda
Cup of milk and water

Method.—Shred the suet finely, freeing it from skin, and stone the dates, chopping the latter slightly. Mix all the dry ingredients together. Dissolve the soda in the milk and water, and add gradually

to the rest until it is a fairly moist dough. If too stiff, add more milk. Steam in a buttered basin for 2 hours. Serve with, or without, sauce or cream.

BAKED PLUM PUDDING

INGREDIENTS

2 lb. flour	1 lb. seeded raisins
1 lb. suet	1 pint milk
1 lb. currants	2 eggs

Method.—Chop the suet finely, add the flour, raisins, and currants, previously picked over. Beat the eggs, mix with the milk, and add to the other ingredients. The mixture should be of the consistency of very thick batter, and more milk may be added, if the mixture seems too stiff. Turn into a buttered dish, and bake, in a moderate oven, from $2\frac{1}{2}$ to 3 hours.

PLAINER PLUM PUDDING

Proceed as in the previous recipe, using :

INGREDIENTS

2 lb. flour	$\frac{1}{2}$ lb. seeded raisins
1 lb. suet	About $1\frac{1}{4}$ pints milk
$\frac{1}{2}$ lb. currants	

SPONGE CAKE PUDDING

INGREDIENTS

Stale sponge cake	3 eggs
Jam	2 tablespoons sugar
1 cup milk	

Method.—Cover the bottom of a piedish with stale sponge cake, spread with jam, add the milk, and place in the oven till hot. Beat the eggs and sugar, and pour over the cake. Bake in a slow oven from 15 to 20 minutes.

APPLE BREADCRUMBS

INGREDIENTS

Fine stale breadcrumbs	Butter
Stewed apples—rather dry	Sugar

Method.—Fry the breadcrumbs in butter till browned. Put a layer in a fireproof dish, sprinkle with sugar, cover with a layer of apples. Add more breadcrumbs and sugar, and so on. Bake, in a moderate oven, for about 1 hour.

JAM PUDDING

INGREDIENTS

- | | |
|---------------------------|--------------------------|
| 1 cup flour | 1 cup milk |
| 1 cup breadcrumbs | $\frac{1}{2}$ cup sugar |
| 1 cup finely chopped suet | 1 teaspoon baking powder |
| 1 cup plum jam | |

Method.—Sift the baking powder with the flour, and mix all ingredients well together. Steam in a buttered basin, with greased paper tied over the top, for 2 hours.

RASPBERRY PUDDING

INGREDIENTS

- | | |
|--------------|--------------------------------------|
| 2 eggs | 4 oz. flour |
| 4 oz. butter | $\frac{1}{2}$ teaspoon baking powder |
| 4 oz. sugar | 2 tablespoons raspberry jam |

Method.—Beat butter and sugar to a cream. Add the eggs and beat well. Sift flour with the baking powder and add. Mix and beat all thoroughly, and stir in the jam. Put the mixture into a buttered mould. Cover with greased paper and steam for 2 hours. Turn out and serve with warmed raspberry jam poured over and round the pudding.

ORANGE LAYER PUDDING

INGREDIENTS

- | | |
|----------------------|--------------------------------------|
| 4 oranges | <i>For the crust :</i> |
| 1 lb. preserved figs | $\frac{1}{2}$ lb. flour |
| 1 lb. cooking apples | $\frac{1}{2}$ lb. suet |
| Sugar | $\frac{1}{2}$ teaspoon baking powder |
| | 1 gill water |

Method.—Sift the flour and baking powder, rub in the finely shredded suet. Mix with the water to a paste, and roll out. Line a well-buttered basin with paste. Place in it alternate layers of orange pulp, figs finely chopped, and sliced apples, previously peeled and cored. Sprinkle each layer with sugar, cover with a round of crust. Tie a buttered paper or floured cloth over the top, and steam for 4 hours.

RHUBARB SPONGE

INGREDIENTS

- | | |
|-------------|---------------------------|
| Rhubarb | 2 teaspoons baking powder |
| 3 eggs | $\frac{1}{2}$ cup sugar |
| 1 cup flour | 1 large tablespoon butter |

Method.—Stew the rhubarb with plenty of sugar and a very little water till tender. Cream the butter, add sugar and eggs well beaten. Sift in the flour and baking powder, and beat all well together. Place the hot rhubarb in a piedish. Spread the sponge mixture over, and bake in a moderate oven till the sponge has risen and is cooked through. Test with straw in the oven.

LEMON CUSTARD

INGREDIENTS

1 pint milk	1 oz. butter
3 oz. sugar	2 eggs
3 oz. breadcrumbs	1 lemon

Method.—Cream the butter and 2 oz. of sugar. Add the yolks of eggs and grated lemon rind. Bring the milk to the boil and pour over the breadcrumbs, add to the other ingredients. Pour the mixture into a piedish, and bake in the oven till set, about 30 minutes. Whip the whites of eggs to a stiff froth. Add 1 tablespoon of sugar, beat again, pile over the custard. Return to the oven and brown slowly.

GOLDEN PUDDING

INGREDIENTS

4 oz. breadcrumbs	4 oz. sugar
4 oz. suet, finely grated	4 eggs well beaten
4 oz. marmalade or melon jam	

Method.—Mix all ingredients well together and steam in a buttered basin with a greased paper tied over the top for 2 hours.

CANARY PUDDING

INGREDIENTS

4 oz. butter	4 oz. flour
4 oz. sugar	1 teaspoon baking powder
3 eggs	Grated rind 1 lemon

Method.—Beat the butter and sugar to a cream, add the eggs, and beat well again. Sift the flour with the baking powder, and add, with the grated rind of lemon. Beat all well together. Steam in a buttered mould, with greased paper tied over the top, for 2 hours.

CABINET PUDDING

INGREDIENTS

1½ cups breadcrumbs	2 tablespoons sugar
1 cup seeded raisins	Vanilla essence
1 pint milk	Slices of bread and butter
2 eggs	

Method.—Butter a basin well, and in the bottom place some of the raisins to form a pattern. Now line the basin, bottom and sides, with thin slices of buttered bread. Heat the milk. When boiling pour over the beaten eggs and sugar. Add the breadcrumbs, the remainder of the raisins, and a few drops of vanilla. Pour gently into the mould, cover with greased paper, and steam for $1\frac{1}{2}$ hours.

APPLE SNOWBALLS

INGREDIENTS

5 or 6 large apples	Sugar
2 teacups rice	Milk and water (or all water)
5 or 6 cloves	

Method.—Boil the rice in milk and water for 10 minutes. Peel and core the apples. Place sugar and a clove in each cavity. Cover the apples with rice, pressing it on with the hands. Tie each ball in a separate cloth, and boil for about $\frac{3}{4}$ hour. Turn out, and serve sprinkled with sugar.

NURSERY PUDDING

INGREDIENTS

$1\frac{1}{2}$ pints milk	1 oz. butter
2 tablespoons arrowroot	Vanilla essence
2 heaped tablespoons sugar	Grated nutmeg

Method.—Blend the arrowroot with some of the cold milk till smooth. Bring the remainder of the milk to the boil with the essence, and stir it gradually into the arrowroot. Add the butter and sugar, and stir till all is well mixed. Put the mixture into a piedish, grate nutmeg over the top, and bake in a moderate oven from 1 to $1\frac{1}{2}$ hours.

PARADISE PUDDING

INGREDIENTS

3 oz. sugar	4 oz. breadcrumbs
3 oz. currants	Grated nutmeg
3 eggs	$\frac{1}{2}$ gill brandy
3 apples	

Method.—Peel, core, and mince the apples finely. Add the sugar, currants, breadcrumbs, and nutmeg. Beat the eggs, mix with the brandy, and add to the other ingredients. Butter a mould, put the mixture in, tie down with a floured cloth, and steam for 2 hours.

GINGERBREAD PUDDING

INGREDIENTS

6 oz. stale breadcrumbs	2 teaspoons ground ginger
3 oz. flour	1 teaspoon baking powder
1 oz. sugar	2 tablespoons golden syrup or treacle
6 oz. suet, chopped finely	1 gill milk

Method.—Sift the crumbs till they are fine. Mix with the other dry ingredients, sifting the flour and baking powder together. Warm the milk slightly, and dissolve the golden syrup in it. Mix with the other ingredients to a smooth paste. Turn the mixture into a buttered mould, tie a greased paper over the top, and steam for 3 hours. Turn out and serve with golden sauce. (See Sauces.)

LEMON DUMPLINGS

INGREDIENTS

4 oz. sugar	8 oz. suet
4 small eggs	10 oz. fine breadcrumbs
2 small lemons	1 large tablespoon flour

Method.—Grate the rind and extract the juice of the lemons. Chop the suet finely, beat the eggs, and mix all with the other ingredients. Roll into balls of a convenient size. Tie each in a well-floured cloth, and cook in boiling water for 1 hour.

RICE MERINGUE

INGREDIENTS

1 teacup rice	1½ oz. sugar
½ pint milk	Apricot jam
3 eggs	

Method.—Wash the rice, and simmer in the milk till soft. Add the beaten yolks of eggs and 1 teaspoon sugar. Beat all well together. Turn the mixture into a buttered piedish, heaping it well up in the centre. Over this spread a thick layer of apricot jam. Whisk the egg whites to a stiff froth, add the remainder of the sugar, and whisk again. Spread this over the jam, and sprinkle a little sugar on top. Bake for 20 minutes in the oven, till heated through, being careful not to overbrown the meringue.

PINEAPPLE PUDDING

INGREDIENTS

2 eggs	½ teaspoon baking powder
4 oz. butter	2 heaped tablespoons tinned pineapple
4 oz. flour	cubes (chopped up)
4 oz. sugar	1 tablespoon pineapple syrup

Method.—Cream the butter and sugar. Add the eggs one at a time, beating them well in. Sift the flour and baking powder, and add to the mixture. Stir in the pineapple syrup and cubes. Beat well, and steam in a well-buttered mould, with greased paper tied over the top, for $1\frac{1}{2}$ hours. Heat some additional pineapple cubes in a little syrup, and place them round and on top of the pudding, as a garnish.

STUFFED APPLES

INGREDIENTS

6 good-sized cooking apples	$\frac{1}{2}$ teaspoon ground allspice
$\frac{1}{2}$ cup seeded raisins	$\frac{1}{2}$ teaspoon ground cinnamon
$\frac{1}{2}$ cup stoned dates	1 teaspoon butter
$\frac{1}{4}$ cup sugar (brown for preference)	Water

Method.—Mix the raisins, dates, butter, spices, and sugar well together. Remove all core from the apples, and fill them with the mixture—any stuffing left over may be placed between the apples. Place the apples in a buttered piedish, add water (about half-way up the apples), put a dot of butter on each, and bake, in a moderate oven, till the apples are soft.

TAPIOCA COCONUT CUSTARD

INGREDIENTS

$1\frac{1}{2}$ tablespoons tapioca	2 eggs
$1\frac{1}{2}$ tablespoons coconut	4 oz. sugar
1 pint milk	2 tablespoons sugar (for meringue)

Method.—Soak the tapioca overnight in 1 cup of cold water. Next day cook, over boiling water, in a double saucepan with the milk till soft. Cool a little, beat 4 oz. sugar and the yolks of eggs, and add with the coconut. Stir all well together and cook for a few minutes. Turn into a piedish, whip the egg whites till stiff, add 2 tablespoons of sugar, and beat again. Spread over the tapioca and bake slowly in the oven till lightly browned.

BREAD PANCAKES

INGREDIENTS

$1\frac{1}{2}$ cups dried breadcrumbs	1 tablespoon sugar
$1\frac{1}{2}$ cups milk	Pinch salt
2 tablespoons butter	$\frac{1}{2}$ cup flour
2 eggs	3 teaspoons baking powder

Method.—Bring the milk to the boil. Pour over the breadcrumbs and butter, add salt and sugar, and allow to stand for 15 minutes. Add beaten eggs, and, lastly, flour and baking powder sifted together.

Beat well. Have ready a hot girdle or upturned frying pan, grease it, and drop spoonfuls of the mixture on. When the edges seem cooked, and the pancakes are full of bubbles, slip a knife underneath, turn, and cook the other side. Serve at once with warmed golden syrup.

BETSY PUDDING

INGREDIENTS

6 rounded tablespoons fresh bread-	1 tablespoon sugar
crumbs	Apricot jam
2 cups milk	Grated nutmeg
1 egg	

Method.—Spread a thick layer of jam in a piedish. Boil the milk and pour it over the well-beaten egg and sugar. Add the breadcrumbs and pour the mixture gently over the jam. Grate nutmeg over, and bake in a slow oven till set, about 30 to 40 minutes.

SCALLOPED BANANAS

INGREDIENTS

6 bananas	Juice of $\frac{1}{2}$ lemon
1 teacup fine dried breadcrumbs	Butter
2 tablespoons sugar	

Method.—Peel the bananas and cut in slices $\frac{1}{2}$ inch thick. Take the required number of scallop shells. Butter them. Put in a layer of bananas, sprinkle with sugar, add a few drops of lemon juice, and cover with a layer of breadcrumbs. Pour a little melted butter over, sprinkle lightly with sugar, and bake with a buttered paper covering them, in a good oven, for 30 minutes.

FLATTER BATTER

A splendid last-minute pudding for children on cold days.

INGREDIENTS

1 tablespoon flour	1 small egg	1 cup milk
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Method.—Put the flour in a small basin. Break in the egg, mix and stir out all the lumps in the mixture. Add a small tablespoon of milk and stir well. Put the rest of the milk on to boil. When rising, put in a dessertspoonful of the batter, and gradually add the remainder. Boil gently for 5 minutes. Turn into soup plates, sprinkle sugar over, and serve at once. These quantities will make 2 small helpings.

ARMADALE SOUFFLÉ

INGREDIENTS

$\frac{1}{2}$ cup fresh breadcrumbs
1 cup milk
2 oz. butter

2 eggs
3 oz. sugar
Vanilla essence

Method.—Melt the butter in a saucepan and fry the breadcrumbs golden brown. Add the milk and sugar, and cook, over boiling water, for 15 minutes. Cool, add the eggs well beaten and the essence, turn into a fireproof dish. Bake, in a slow oven, until set.

ALL NIGHT PUDDING

INGREDIENTS

1 cup flour
1 cup boiling water
 $\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup sultanas
1 tablespoon butter
 $\frac{1}{2}$ teaspoon carbonate of soda

Method.—Cream the butter, add sugar, sultanas, and flour. Mix well, dissolve the soda in the boiling water, and mix with the other ingredients. Stand overnight, and next day put into a greased basin, cover with greased paper, and steam for 3 hours.

CASTLES

INGREDIENTS

2 eggs
4 oz. flour
4 oz. sugar
3 oz. butter

2 tablespoons milk
 $\frac{1}{2}$ teaspoon baking powder
Grated rind 1 lemon

Method.—Cream butter and sugar. Add grated lemon rind and yolks of eggs, and beat all together. Add milk, then flour and baking powder sifted together. Beat the egg whites stiffly, and add. Put the mixture into thickly buttered dariole moulds, leaving room for the castles to rise. Bake in a moderately hot oven, from 20 to 30 minutes. Unmould, and serve with a sweet white sauce poured over or handed separately.

INDIAN FRITTERS

INGREDIENTS

4 eggs
3 tablespoons flour

Boiling water
Jam

Method.—Sift the flour into a basin, and add enough boiling water to make it into a stiff paste. Beat and stir well to get rid of all lumps.

Allow to cool, and add 2 whole eggs and 2 yolks. Beat all well together. Take spoonfuls of the batter, and fry in boiling fat till browned. Serve at once with jam.

SIR WATKIN WYNNE

INGREDIENTS

$\frac{1}{2}$ lb. suet, chopped finely	2 oz. ground rice
$\frac{1}{2}$ lb. stale breadcrumbs	2 large tablespoons marmalade
$\frac{1}{2}$ lb. sugar	2 eggs

Method.—Beat the eggs well, and mix with the other ingredients. Allow the mixture to stand till next day. Put into a freely buttered mould, cover with a floured cloth, tie down securely, and cook in plenty of boiling water for 4 hours.

COTTAGE PUDDING

INGREDIENTS

$\frac{1}{2}$ lb. flour	2 oz. butter
1 teaspoon baking powder	4 oz. sugar
1 egg	1 gill milk

Method.—Melt the butter, add sugar, and beat well. Add beaten eggs and milk mixed together. Sift flour and baking powder. Add, and beat all together. Bake, in a greased tin or piedish, in a moderate oven, from 30 to 45 minutes. This pudding may be made most attractive, and will appeal to children if a small chimney is baked in a separate mould, and put in position before serving.

JACKEROO PUDDING

INGREDIENTS

1 cup sugar	3 teaspoons baking powder
1 cup milk	2 eggs
$2\frac{1}{2}$ cups flour	1 oz. butter

Method.—Beat the butter and sugar to a cream. Add the beaten eggs, then milk, and, lastly, the flour sifted with the baking powder. Butter a piedish, pour in the mixture, and bake, in a moderate oven, from 30 to 45 minutes.

BAKED BATTER PUDDING

INGREDIENTS

2 eggs	1 breakfast-cup milk
2 tablespoons flour	1 tablespoon sugar
1 tablespoon butter	Grated rind 1 lemon

Method.—Beat the butter to a cream. Add sugar, eggs, previously well beaten, and the grated lemon rind. Beat well, add the flour and milk, and mix well. Butter a shallow dish, pour the mixture in, and bake, in a good oven, for about 20 minutes.

BANANA BATTER

INGREDIENTS

1 cup banana sliced in rings	2 tablespoons S.R. flour
1 cup milk	1 tablespoon sugar
2 eggs	

Method.—Mix the flour smoothly with the beaten eggs. Add milk, bananas, and sugar. Butter a mould, put in the mixture, tie buttered paper firmly over the top. Steam for 2 hours.

STEAMED SPONGE PUDDING

INGREDIENTS

1 tablespoon butter	$\frac{1}{2}$ cup milk
1 cup sugar	2 tablespoons boiling water
1 $\frac{1}{2}$ cups S.R. flour	Pinch of salt
1 egg	

Method.—Cream the butter and sugar. Add the egg and beat well in. Then add the sifted flour alternately with the milk. Lastly, add the boiling water. Put into small moulds or a basin, cover with greased paper, and steam. Three-quarters of an hour for the small moulds—this quantity is enough for 6—or an hour and a quarter for the larger basin.

Flavoring should be added to this mixture—vanilla or essence of lemon, or grated orange peel, or cocoa—and a sauce, melted jam, or golden syrup should be served with it.

FIG PUDDING

INGREDIENTS

2 $\frac{1}{2}$ cups breadcrumbs	1 cup milk
$\frac{1}{2}$ cup finely-minced suet	4 oz. sugar
1 cup preserved figs, chopped small	$\frac{1}{2}$ teaspoon salt
2 eggs	

Method.—Mash the suet and cream it. Add the figs, and mix well. Beat the eggs. Soak the breadcrumbs in the milk, add the salt and sugar, and mix all ingredients well together. Steam in a buttered mould, with greased paper tied over the top, for 3 hours. Turn out, and serve with treacle sauce poured over and round the pudding. (See Sauces.)

CARROT PUDDING**INGREDIENTS**

$\frac{1}{2}$ lb. grated carrot	$\frac{1}{2}$ teaspoon ground ginger
$\frac{1}{2}$ lb. grated potato	$\frac{3}{4}$ lb. flour
$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ lb. suet
4 tablespoons warmed treacle	

Method.—Shred the suet finely and mix with the dry ingredients. Stir well, and add the treacle. Butter a basin, put the mixture in, tie buttered paper over, and steam for $2\frac{1}{2}$ hours.

BAKED PEARS**INGREDIENTS**

Winter pears	Ground cinnamon
Butter	Sugar
Ground allspice	Water

Method.—Core the pears and place them in a piedish. Fill the cavities with sugar. Smear the pears freely with butter over and round the tops. Shake a little cinnamon and allspice over. Half fill the dish with water, and bake in a moderate oven till the pears are soft, from $1\frac{1}{2}$ to 2 hours.

SCALDED PUDDING**INGREDIENTS**

1 pint milk	3 eggs
1 large tablespoon flour	Grated nutmeg
1 oz. butter	Squeeze lemon juice
2 tablespoons sugar	

Method.—Bring the milk to the boil and thicken with the flour, blended with a little cold water. Stir in the butter and sugar. Allow to cool, and, when nearly cold, add the well-beaten eggs, lemon juice, and a grate of nutmeg. Bake, in a moderate oven, till set and browned.

DANDY PUDDING**INGREDIENTS**

1 oz. butter	1 lemon
8 oz. sugar	$\frac{1}{2}$ pint milk
2 tablespoons flour	2 eggs

Method.—Cream the butter, add sugar and yolks of eggs. Beat well, add the flour, strained juice and grated rind of lemon, and beat well again. Whip the egg whites to a stiff froth, and add. Pour the mixture into a piedish. Bake, standing the dish in another containing hot water, in a slow oven, from 30 to 45 minutes.

BEIGNETS

INGREDIENTS

$\frac{1}{2}$ lb. flour	2 large or 3 small eggs
1 teaspoon baking powder	1 teacupful milk
2 oz. butter	Lemon or vanilla essence
1 oz. sugar	

Method.—Cream the butter and the sugar, add eggs, and beat well. Add milk and flour sifted with the baking powder, then essence. Beat all well together. Have a saucepan with deep boiling fat, and drop a dessertspoon of mixture into it. Drain on crumpled kitchen paper, and serve at once with castor sugar sifted over. These quantities will make a lot.

CHOCOLATE SOUFFLÉ

INGREDIENTS

6 oz. S.R. flour	4 eggs
2 oz. butter	$\frac{1}{2}$ pint milk
10 oz. sugar	$\frac{1}{2}$ pint cream
4 oz. grated vanilla chocolate	

Method.—Put all the ingredients, except the eggs, into a saucepan. Beat and stir over a low fire till the mixture boils. Move aside, add the well-beaten yolks of 4 eggs, and beat all well together. Whip the whites of 3 eggs to a stiff froth, and fold into the mixture. Bake in a soufflé or deep fireproof dish, in a moderate oven, for 45 minutes. Serve at once.

CINTRA PUDDING

INGREDIENTS

2 oz. candied peel	$1\frac{1}{2}$ pints apricot purée (sieved stewed fruit)
4 oz. suet	4 eggs
3 oz. sugar	1 dessertspoon milk
4 oz. breadcrumbs	10 drops almond essence
1 tablespoon flour	

Method.—Chop the suet and candied peel finely. Beat the eggs well, and mix all the ingredients together. Steam in a buttered mould for 3 hours. Turn out and serve with apricot sauce poured over.

To make the sauce: Boil together for 3 minutes $\frac{1}{2}$ pint apricot purée, $\frac{1}{2}$ pint water, and 1 gill sherry.

VANILLA RICE SOUFFLÉ

INGREDIENTS

4 oz. rice	1 pint milk
6 oz. sugar	3 eggs
1 oz. butter	Vanilla essence

Method.—Wash the rice and parboil it in water for 6 minutes. Drain and place it in the top half of a double saucepan. Add the butter, sugar, vanilla, and milk. Bring to the boil, place the lid on the saucepan, and cook, over boiling water, till the milk is all absorbed and the rice soft—about 1 hour. Cool a little, and add the beaten yolks of eggs. Whip the whites to a stiff froth, and fold them lightly in. Butter a soufflé or deep fireproof dish, pour the mixture in, and bake for 40 minutes. Serve at once.

RICE AND APPLE SOUFFLÉ

INGREDIENTS

2 tablespoons rice
 ½ pint milk
 2 eggs
 2 tablespoons sugar

2 lb. cooking apples
 Red-currant or apple jelly
 Castor sugar

Method.—Peel and core the apples. Put them into a saucepan with enough water to cover them and a little sugar. Cook gently till tender. Meanwhile, cook the rice in the milk till soft. Add yolks of eggs and 2 tablespoons of sugar, and mix well. Make a wall with the rice round the sides of a piedish. Fill the centre of the dish with the apples. Place some jelly in each apple. Whip the whites to a stiff froth, and spread over the apples and rice. Sprinkle freely with castor sugar, and brown in a slow oven. Serve with cream or custard.

GOLDEN SYRUP PUDDING

INGREDIENTS

2 cups flour
 ½ cup milk, warmed
 2 tablespoons sugar
 ½ teaspoon ground ginger

1 teaspoon carbonate of soda
 2 tablespoons dripping or butter
 2 tablespoons golden syrup

Method.—Rub the dripping into the flour sifted with the ginger and soda. Add the sugar, mix well. Dissolve the golden syrup in the warm milk and add last. Beat the mixture and turn into a greased basin. Tie buttered paper over the top, and steam for 2 hours. Unmould and serve with hot golden syrup poured over.

FRUIT ROLL

INGREDIENTS

½ lb. S.R. flour
 4 oz. shredded suet
 1½ teaspoons ground cinnamon
 4 oz. sugar

4 oz. sultanas
 2 oz. currants
 2 oz. candied peel, water

Method.—Clean and pick over the fruit. Cut the peel up finely. Sift the flour and cinnamon into a bowl, and rub in the suet with the finger-tips. Add the sugar and prepared fruits. Mix with sufficient water to form a softish dough. Turn on to a lightly-floured board, and form into the shape of a large sausage. Press in any fruit on the outside, so that the roll is smooth. Flour a pudding cloth, wrap the roll in this, and tie it securely at both ends. Place in plenty of boiling water in a long boiler, and cook slowly from $1\frac{3}{4}$ to 2 hours. To serve the roll, lift it out of the water, allow to drain for a minute or two. Remove the cloth carefully. Place the roll on a dish, and dust freely with castor sugar.

ORANGE PUDDING

INGREDIENTS

6 navel oranges
3 eggs
1 breakfast-cup milk

$\frac{1}{2}$ cup sugar
Bread
Butter

Method.—Cut the oranges, and, with a spoon, remove the pulp. Cut slices of bread and butter. Place the orange pulp in a piedish. Sprinkle with some of the sugar. Place over this a layer of bread and butter, with the crusts removed. Beat the eggs with the rest of the sugar, add the milk, and mix well. Pour over the bread and butter, and bake in the oven till set.

HONEY ROLY POLY

INGREDIENTS

$\frac{1}{2}$ lb. S.R. flour
4 oz. shredded suet
 $\frac{1}{2}$ lb. honey

Water
2 oz. soft breadcrumbs
Extra honey

Method.—Prepare the filling as follows: Heat the honey in a saucepan. Mix in the breadcrumbs, and allow the mixture to cool. Meanwhile, sift the flour into a basin. Add the suet, and rub it in lightly with the finger-tips. Mix with sufficient water to make a soft dough. Turn on to a lightly floured board, and roll out in an oblong shape. Spread the filling on this, leaving a good margin all round. Damp the edges, and roll up the dough, closing the ends securely. Take a floured pudding cloth and wrap the roll in this. Tie securely at both ends, and place in a long boiler, with plenty of boiling water. Cook slowly from $1\frac{1}{2}$ to 2 hours. Serve with extra honey, heated, and handed separately.

BAKED CHOCOLATE PUDDING**INGREDIENTS**

1 cup milk
 ½ cup sugar
 1 oz. butter

2 eggs (yolks and white separated)
 1 heaped tablespoon S.R. flour
 1 tablespoon cocoa

Method.—Beat butter and sugar to a cream. Add the yolks of eggs one at a time, and beat each in well. Stir in the flour and cocoa sifted together, then the milk gradually. Whip the egg whites to a stiff froth and stir into the mixture. Pour into a buttered piedish, and bake in a moderate oven for about ½ hour.

LEMON AND PASSIONFRUIT**INGREDIENTS**

1 pint boiling water
 1 cup sugar
 2 eggs, yolks and whites separated
 Juice and grated rind 1 lemon

2 tablespoons cornflour
 1 dessertspoon butter
 6 passionfruit

Method.—Beat the yolks of eggs with ½ cup sugar. Sift in the cornflour. Add the lemon juice and rind, mix well. Stir in the boiling water, and keep stirring till the mixture thickens. Add the pulp of the passionfruit. Pour into a buttered piedish. Whip the egg whites to a firm froth, add the remaining sugar, and beat thoroughly. Pile on top of the pudding, and place in a moderate oven. Lower the temperature to a minimum, and cook till crisp.

STEAMED CHOCOLATE PUDDING**INGREDIENTS**

8 oz. grated chocolate
 ¾ cup milk
 1 oz. butter

2 oz. sugar
 2 eggs
 2 oz. dry cakecrumbs

Method.—Place the milk and chocolate in a saucepan. Mix well, and bring to the boil. Simmer gently for 10 minutes. Remove from the fire, and stir in the butter and sugar. Allow to cool slightly. Beat the egg yolks, and stir them into the mixture. Butter a pudding mould well and cover sides and bottom with the powdered cakecrumbs. Whip the egg whites to a stiff froth. Fold into the chocolate mixture, and turn into the prepared mould. Tie a buttered paper over the top, and steam for 1½ hours. Unmould carefully, and serve with hot custard poured round the pudding.

DATE PUDDING

INGREDIENTS

1 lb. stoned dates	4 oz. sugar
$\frac{1}{2}$ lb. finely-shredded suet	2 eggs
$\frac{1}{2}$ lb. soft breadcrumbs	1 small cup milk
4 oz. flour	1 teaspoon allspice

Method.—Chop the dates and mix well with the other dry ingredients. Beat the eggs. Add the milk and pour into the dry mixture. Beat thoroughly, turn into a floured cloth. Tie securely and drop into plenty of fast-boiling water, enough to float the pudding. Cook gently for 3 hours, replenishing with boiling water when necessary. Serve with custard or ginger sauce.

SAGO PLUM PUDDING

INGREDIENTS

4 tablespoons sago	1 cup soft breadcrumbs
1 cup milk	1 cup sultanas or seeded raisins
1 large tablespoon butter	1 cup sugar
1 egg	1 teaspoon carbonate of soda

Method.—Soak the sago in the milk overnight. Next day stir in the melted butter and the beaten egg. Add the other ingredients, and mix all well together. Pour the mixture into a greased basin, cover with greased paper securely tied down, and steam for 3 hours. Unmould and serve with cream, custard, or white sauce.

CHERRY SOUFFLÉ

INGREDIENTS

Small tin preserved cherries	2½ dessertspoons castor sugar
1½ oz. flour	3 yolks and 4 whites of eggs
1½ oz. butter	1 tablespoon sherry (may be omitted)
1½ gills milk	

Method.—To prepare the soufflé tin, butter it freely. Then tie a thick band of buttered kitchen paper round the outside, so that it stands well above the rim of the tin. Take 2 oz. cherries, stone them, and cut into small pieces. Melt the butter in a saucepan, add the sifted flour. Blend well, and stir in the milk. Bring to the boil, stirring all the time, and cook till the mixture leaves the sides of the pan. Allow to cool slightly. Add the sugar, and beat in the egg yolks, one at a time. Then stir in the chopped cherries. Whip the egg whites stiffly, and fold them lightly through the mixture. Turn into the prepared tin. Place a sheet of buttered paper over the top, and steam *gently* from 50 to 60 minutes. Stand the tin on a small cake rack or a large

round pastry cutter without a handle, in a saucepan with boiling water, which should not reach higher than one-third of the way up the tin. When cooked, remove the paper band very carefully. Turn the soufflé out of the tin on to a hot dish. Serve at once with the remaining juice mixed with the sherry, and just at boiling-point. Decorate with the remaining cherries, which must also be hot.

GINGER PUDDING

INGREDIENTS

2 eggs	4 oz. flour
4 oz. butter	$\frac{1}{2}$ teaspoon baking powder
4 oz. sugar	2 oz. preserved ginger

Method.—Cream the butter and sugar, separate the yolks from the whites of eggs. Add the yolks to the butter and beat well. Cut the ginger into small dice, add to the mixture. Sift the flour with the baking powder, and add. Beat well. Whip the egg whites to a stiff froth, and stir them in. Pour into a thickly buttered mould. Tie buttered paper securely over, and steam for $1\frac{1}{2}$ hours.

LEMON PUFF

INGREDIENTS

$\frac{1}{2}$ cup sugar	1 teaspoon castor sugar
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon ground cinnamon
$\frac{1}{2}$ cup flour	Grated rind and juice 1 lemon
4 eggs	

Method.—Separate the yolks from the whites of eggs. Sift the flour, and blend with the milk. Add $\frac{1}{2}$ cup sugar, and the yolks of eggs, well beaten. Mix well, then add the lemon rind and juice. Whip the egg whites to a stiff froth, and fold lightly into the mixture. Pour into a thickly-buttered piedish. Sprinkle with the castor sugar and cinnamon, and place in a hot oven. Lower the temperature, and cook slowly in a moderate oven for about 1 hour. Serve at once.

COCONUT PANCAKES

INGREDIENTS

2 tablespoons desiccated cocoanut	Jam
6 oz. flour	Castor sugar
$1\frac{1}{2}$ cups milk	Extra cocoanut
2 eggs	

Method.—Sift the flour into a basin. Separate the yolks from the whites of eggs. Make a well in the flour. Drop in the yolks, and stir

them into the flour gradually. Add some of the milk (about 1 cup), stirring well all the time. Enough milk should be added to make the mixture beatable. Beat well. Add the coconut, then the remainder of the milk, and place aside for 1 hour. Heat some jam—stand it in a bowl in a saucepan of boiling water. When ready to cook the pancakes, whip the egg whites to a stiff froth, and fold them lightly into the batter. Melt a small quantity of fat (dripping or lard) in a frying pan. When smoking hot, pour in enough batter to cover the bottom of the pan, tilting it sideways, to make it run over evenly. Cook till the underside is golden brown. Turn the pancake over, and cook the other side. From 2 to 3 minutes is usually sufficient for each side, unless the pancakes are very thick. Turn on to kitchen paper to drain. Spread one half of each pancake with hot jam. Fold the other half over, sprinkle with castor sugar and coconut. Serve as soon as possible.

PLAIN PANCAKES

INGREDIENTS

2 oz. flour	3 tablespoons water
2 eggs	Lemon
1 cup milk	Sugar

Method.—Sift the flour into a bowl. Make a well in the centre. Drop in the eggs, and, stirring all the time, gradually add the milk till the batter is beatable. Beat thoroughly. Add the water and the remainder of the milk. Allow to stand for 1 hour. Fry the pancakes as directed in the previous recipe. Drain on kitchen paper. Roll up, and serve with quarters of lemon and sugar.

BAKED PANCAKES

INGREDIENTS

6 oz. flour	4 oz. castor sugar
1 teaspoon baking powder	4 eggs
$\frac{1}{2}$ teaspoon ground cinnamon	$1\frac{1}{2}$ cups milk
3 oz. butter	Extra castor sugar

Method.—Beat the butter and sugar to a cream. Add the eggs, well beaten, alternately with the flour, baking powder, and cinnamon, sifted together. Beat well, and stir in the milk. Butter strong kitchen saucers or small tin plates, and pour some mixture into each. Place in a moderately hot oven, lower the temperature slightly, and cook for about 20 minutes. Remove from the saucers. Serve dredged with castor sugar.

CHOCOLATE RICE

INGREDIENTS

1 pint milk 1 tablespoon castor sugar 2 dessertspoons rice and 1 of cocoa

Method.—Wash the rice, drain it, and place in a piedish with the sugar. Mix the cocoa smoothly with a little of the milk. Add to the remaining milk, and stir into the pudding. Bake in a slow oven $1\frac{1}{2}$ to 2 hours till rice is tender.

COCONUT PUDDING

INGREDIENTS

1 cup cleaned sultanas	3 tablespoons soft breadcrumbs
1 cup milk	2 oz. butter (melted)
1 cup desiccated coconut	1 egg (beaten)
3 tablespoons sugar	

Method.—Mix all the ingredients well together. Bake slowly for an hour in a buttered piedish in a moderate oven.

RUSSIAN APPLES

Peel and core large cooking apples of equal size. Fill the centres with mincemeat. Make a syrup with 1 breakfast-cup sugar to 1 teacup water. Heat slowly in a saucepan till the sugar is dissolved. Boil for 5 minutes. Add the prepared apples, and stew gently in a closely-covered pan till tender, but unbroken. Color the syrup with cochineal before serving.

BAKED STRAWBERRY SOUFFLÉ

INGREDIENTS

2 eggs (yolks and whites separated)	Strawberry jam
1 pint milk	Pink sugar
Slices stale sponge cake	Vanilla essence
2 oz. sugar	

Method.—Make sandwiches with the sliced cake and plenty of strawberry jam. Arrange them lightly in a piedish. Boil the milk, mix with the beaten yolks of eggs, adding 1 oz. sugar; flavor with vanilla essence. When cooled slightly, pour over the cake. Allow to stand for $\frac{1}{2}$ hour. Whip the whites to a firm froth. Add the remaining sugar, and beat well again. Spread over the pudding, piling it up roughly. Bake in a moderate oven from 30 to 45 minutes. Sprinkle pink sugar over the meringue, and serve. To make pink sugar, put a few drops of cochineal on loaf sugar, allow to dry, then crush it up with a rolling-pin.

APPLE SOUFFLÉ

INGREDIENTS

5 large apples
1 dessertspoon cornflour
1 small cup milk
4 oz. sugar

2 oz. butter
3 eggs (yolks and whites separated)
Extra sugar

Method.—Peel, core, and slice the apples. Stew with 2 oz. sugar and a little water till soft. Beat until smooth. Blend the cornflour with the milk, and thicken it in a saucepan over the fire. Remove, add 2 oz. sugar and the butter, and mix together. Cool a little, and stir in the beaten yolks of eggs. Return to the fire, but do not allow to boil. Butter a piedish, spread the apple pulp at the bottom, pour the cornflour mixture over it. Bake in a moderate oven till it sets. Whip the egg whites to a stiff froth. Add 1 dessertspoon sugar, beat again, spread on top of the soufflé. Return to the oven to brown lightly. Serve at once.

LEMON RICE

INGREDIENTS

2 cups plain boiled rice
Juice and grated rind 2 lemons
2 heaped tablespoons sugar

3 eggs
Milk
Extra sugar

Method.—Place the rice in a piedish, with the strained lemon juice, grated rind, and sugar. Separate the yolk from the white of 1 egg, reserve white. Add the yolk to the whole eggs, beat well, and stir into the piedish. Add milk to fill the dish, and bake in a moderate oven for about $\frac{1}{2}$ hour. Whip the white of egg stiffly, add a little sugar (about 1 teaspoonful), and beat again. Spread over the pudding, and return to the oven till lightly browned.

APPLE AND RHUBARB CHARLOTTE

Butter a round cake tin thoroughly. Cover the bottom with small rounds of buttered bread (cut from slices about $\frac{1}{2}$ inch thick). Fill in the spaces with breadcrumbs. Line the sides with squares of buttered bread. Peel, core, and slice the apples, reserving the peel. Prepare the rhubarb, cutting it in short lengths. Place in the prepared tin a layer of apple, then rhubarb. Sprinkle generously with sugar. Add a pinch of ground cinnamon, and continue in this way till the tin is full. Add a squeeze of lemon juice. Put the apple parings on top, to prevent the pudding from drying and burning. Bake in a moderate oven from 1 to 1½ hours. Remove the apple peel. Slip a knife round inside the tin, and turn out the charlotte.

MARMALADE PUDDING

INGREDIENTS

$\frac{1}{2}$ lb. marmalade	1 $\frac{1}{2}$ oz. desiccated coconut
4 oz. soft breadcrumbs	2 oz. sugar
4 oz. finely-shredded suet	1 egg
2 oz. flour	Juice $\frac{1}{2}$ orange, or more, if necessary
1 teaspoon baking powder	

Method.—Sift the flour and baking powder together. Mix in the suet, breadcrumbs, sugar, and coconut. Beat the egg, mix it with the marmalade, and add to the dry ingredients. Mix well. Stir in the strained orange juice, adding a little more if the mixture is too stiff. Turn into a buttered mould. Tie buttered paper over the top, and steam for about 2 $\frac{1}{2}$ hours. Unmould, and sprinkle with castor sugar.

EGGLESS PUDDING

INGREDIENTS

1 cup soft breadcrumbs	1 cup currants
1 $\frac{1}{2}$ cups milk	2 tablespoons treacle
5 tablespoons sago	1 teaspoon carbonate of soda
1 oz. dripping	

Method.—Soak the sago in the milk for 2 hours. Add the breadcrumbs, dripping, melted, and the currants well picked over. Stir in the treacle and lastly add the soda. Mix all well together, and turn into a greased mould. Tie buttered paper over the top and steam for 2 hours. Serve unmoulded with custard or sauce.

PARSNIP PUDDING

INGREDIENTS

3 medium-sized young parsnips	3 eggs
1 oz. butter	Small glass brandy
3 oz. sugar	Dried breadcrumbs
1 teaspoon cinnamon	

Method.—Scrape the parsnips, boil till tender. Mash smoothly with the butter, sugar, and cinnamon. Beat the eggs, add to the mixture, and stir in the brandy. Butter a piedish, strew breadcrumbs over the bottom and sides. Turn in the mixture, and bake in a moderate oven from 30 to 45 minutes.

JOB PUDDING

INGREDIENTS

2 cups flour	1 teaspoon carbonate of soda
1 small cup sugar	2 tablespoons butter
1 cup milk	2 eggs
1 cup sultanas or currants	Grated nutmeg
2 teaspoons cream of tartar	

Method.—Beat the butter and sugar to a cream. Add eggs one at a time, beating each well in. Add the milk. Sift the flour with the cream of tartar, soda, and nutmeg. Add to the mixture, beat well. Add the fruit picked over, and turn into a greased mould. Tie buttered paper over the top and steam for 2½ hours.

APPLE AND RICE MERINGUE

INGREDIENTS

1 lb. apples	2 oz. rice
3 oz. sugar	2 tablespoons castor sugar
1 oz. butter	Cochineal
Pinch ground cloves	1 gill milk
1½ gills water	2 eggs (yolks and whites separated)

Method.—Peel, core, and slice the apples. Stew them gently with the cloves, butter, ½ gill water, and 2 oz. sugar till soft. Put the rice in a saucepan with 1 gill cold water. Cook gently till the water is absorbed. Add the milk and cook till thick. Stir in 1 oz. sugar and the beaten egg yolks. Mash the apple smoothly and pour into a buttered piedish. Pour the rice over the apple. Whip the whites to a stiff froth, add the castor sugar, and beat well again. Pile on top of the rice. Place in a moderate oven, lower the temperature to a minimum, and bake till the meringue is crisp and fawn-colored.

CAIRO CORNFLOUR PUDDING

INGREDIENTS

1 quart milk	4 oz. sugar
2½ tablespoons cornflour	Vanilla essence
2 eggs	

Method.—Blend the cornflour with a little of the cold milk to a smooth paste. Boil the remaining milk, and stir into it the blended cornflour. Boil for a few minutes. Add sugar and a few drops of vanilla essence. Remove from the fire. Add the beaten eggs, pour into a buttered pudding mould. Tie buttered paper over the top, and steam for 1½ hours. Unmould, and serve with a sweet sauce poured round.

STEAMED APPLE PUDDING

INGREDIENTS

2 lb. cooking apples	4 oz. sugar
2½ cups flour	Milk to mix
2 teaspoons baking powder	½ teaspoon ground cloves
3 oz. butter	½ cup water

Method.—Peel, core, and slice the apples. Sift the flour with the baking powder into a basin. Rub in the butter with the finger-tips. Add 1 oz. sugar, and mix with enough milk to form a firm dough. Reserve a portion of the paste for the cap of the pudding. Roll out the remainder on a lightly-floured board, and fit it into a well-buttered pudding basin. Cut away any superfluous paste. Almost fill with apples, add the remaining sugar, cloves, and water. Damp the edge of the paste, roll out that reserved for the cap in a round, and fit into position, pressing the edges well together. Tie buttered paper over the top of the basin, and steam for 2 hours.

PLUM PUDDING WITHOUT EGGS

INGREDIENTS

6 oz. breadcrumbs	1 teaspoon allspice
Finely-shredded suet	½ teaspoon carbonate of soda
Flour	1 cup milk
Seeded raisins and cleaned currants	1 tablespoon boiling water
2 oz. candied peel cut up	½ cup treacle
2 oz. brown sugar	

Method.—Rub the suet into the flour. Add all the dry ingredients except the soda. Mix thoroughly. Warm the milk and treacle together till the latter is dissolved. Stir into the other ingredients. Dissolve the soda in the boiling water, and stir in at the last. Flour a pudding cloth, turn the mixture into this shape, and tie securely. Plunge into plenty of fast-boiling water and cook for 4 hours, replenishing with more boiling water as it boils away. There should always be sufficient in the saucepan to float the pudding. Allow to drain for a minute or two before removing the cloth.

BAKED RHUBARB PUDDING

Prepare rhubarb in the usual way, and cut in short lengths. Cut thin slices of bread and butter. Butter a piedish freely, and line it with some of the bread. Sprinkle a little hot water over the slices in the bottom of the dish. Put in a layer of rhubarb. Sprinkle generously with sugar. Cover with a layer of buttered bread. Add more

rhubarb, and so on, with bread for the last layer. Sprinkle with sugar, and dot generously with butter. Bake in a rather slow oven from $1\frac{1}{2}$ to 2 hours till the rhubarb is soft, and the pudding browned.

APRICOT FRITTERS

INGREDIENTS

Small tin preserved apricots
2 oz. flour
 $\frac{1}{2}$ oz. butter (melted)

1 egg
3 tablespoons lukewarm water

Method.—Drain the apricots. Sift the flour into a basin. Make a well in the centre, drop in the egg, and mix, gradually adding the water. Beat thoroughly, and stir in the butter. Allow to stand for 1 hour. Dip each half apricot in the batter, and fry in smoking hot fat in the frying pan till browned, turning once. Drain on kitchen paper, and serve with sauce.

BANANA PUDDING

INGREDIENTS

2 doz. bananas
4 oz. ratafias
1 pint milk

4 oz. sugar
2 yolks and 3 whites of eggs

Method.—Make a boiled custard with the milk and yolks of eggs. Peel the bananas, and rub them through a sieve. Crush the ratafias, and add them to the pulp. Stir in the custard, when cooled slightly, and add the sugar. Whip the egg whites to a stiff froth, and add. Turn the mixture into a buttered fancy mould. Tie securely over the top with buttered paper, and steam for 1 hour. Turn out carefully, and serve with clotted cream or sweet sauce.

BREAD PUDDING

INGREDIENTS

$\frac{1}{2}$ lb. stale bread scraps
1 pint milk
1 egg
1 dessertspoon butter

1 tablespoon sugar
2 oz. stoned dates chopped up
Grated nutmeg
Cold water

Method.—Place the bread in a bowl. Cover with cold water, and allow to stand till the bread is soft. Pour off and squeeze out as much water as possible. Add the milk boiling hot. Stir in the egg well beaten, the butter, sugar, a little grated nutmeg, and the dates. Butter a pudding basin. Pour in the mixture, cover with buttered paper securely tied down, and steam for 2 hours. Unmould, and serve with hot golden syrup poured over.

GINGER RICE PUDDING

INGREDIENTS

4 oz. rice
1½ pints milk
1 tablespoon flour
2 eggs

4 oz. preserved ginger
3 oz. finely shredded suet
3 oz. sugar
1 small dessertspoon ground ginger

Method.—Bring the milk to the boil. Wash the rice, and place both in the top half of a double saucepan. Cook over boiling water till the milk is absorbed, stirring it now and then. Turn into a bowl. Allow to cool slightly, add the sugar, the ginger (cut in dice), ground ginger, flour, and suet. Mix well, and stir in the beaten eggs. Grease a pudding basin, turn in the mixture, tie a buttered paper over the top, and steam for 3 hours.

FRENCH PANCAKES

INGREDIENTS

2 eggs
2 oz. butter
2 oz. sugar

2 oz. flour
½ breakfast-cup milk

Method.—Cream the butter and sugar. Add the eggs, well beaten, and flour. Beat all well together, and add the milk. Beat and stir the mixture for a few minutes. Pour it thinly on freely buttered plates (tin or enamel), and bake in a quick oven for 15 minutes, or until a pale golden brown. Do not roll them. Serve piled one on top of another, with cut lemon and sugar handed separately.



MANY dishes rely largely upon the sauces accompanying them, but unless intended to do so, the flavor of a sauce should never dominate the flavor of the whole dish. Time and care are necessary in preparation. Fast cooking, intermittent stirring, and indifferent seasoning will not make a good sauce.

The main foundation of most sauces is either a white or brown sauce.

For a good, medium white sauce the proportions are $\frac{1}{2}$ pint milk, 1 oz. flour, and 1 oz. butter.

For a thin sauce allow $\frac{3}{4}$ oz. flour and 1 oz. butter.

For a thick sauce allow 1 $\frac{1}{2}$ oz. flour and 1 oz. butter.

A more economical sauce may be made with half milk and half water.

There are two methods:

(1) Melt the butter in a saucepan. Add the flour, and stir till smooth. Remove from the fire and gradually stir in the liquid. Return to the fire. Cook slowly, stirring continuously, and allow the mixture to boil for 3 or 4 minutes.

(2) Mix the flour to a smooth paste with a little of the milk. Heat the remainder with the butter, and before it is boiling stir in the blended flour. Stir continuously, and allow the sauce to boil for 3 or 4 minutes.

BROWN (OR ESPAGNOLE) SAUCE

INGREDIENTS

2 oz. butter

1 $\frac{1}{2}$ oz. flour

1 pint good stock

A small piece of turnip, carrot, and onion

A mushroom and a tomato (not essential)

A few drops of lemon juice

Pepper and salt to taste

Method.—Fry the vegetables in the butter till they are brown. Add the flour, and fry that, but on no account let it burn. Add the stock, and cook well, stirring all the time. Season with the lemon

juice, salt, and pepper. Strain through a fine strainer. Cook sauce slowly and stir continuously, otherwise it will be lumpy. It must boil for 3 or 4 minutes to cook the flour sufficiently. Taste the sauce before serving to see that it is sufficiently seasoned.

Sauce should always be made just before it is needed. Recooking or reheating will make it lumpy.

To keep sauce hot, stand the pan in another containing hot water.

HERB SAUCE

INGREDIENTS

2 shallots, peeled and finely chopped	1 gill white vinegar
3 oz. butter	3 egg yolks
$\frac{1}{2}$ teaspoon mignonette pepper	$\frac{1}{2}$ teaspoon finely-chopped parsley
Pinch salt	3 tablespoons Béchamel sauce (see page 143)
2 or 3 leaves tarragon	

Method.—Put the shallots, tarragon leaves, and vinegar in a small saucepan. Cover and boil till reduced to one-eighth of original quantity. Cool and add the Béchamel sauce. Reheat. Stir in beaten egg yolks with salt and pepper. Whisk over a low heat, incorporating the butter by degrees. The sauce must not boil after the eggs are added. Pass through a fine sieve into a clean saucepan. Whisk over hot water. Add parsley, and the sauce is ready for use.

BRANDY SAUCE

(For any pudding or tart)

INGREDIENTS

2 oz. butter	3 heaped teaspoons sugar
1 dessertspoon flour	$\frac{1}{2}$ small glass brandy
$\frac{1}{2}$ pint water	

Method.—Melt the butter, add flour, and blend well, then water by degrees, stirring all the time. Add sugar, boil for 2 minutes, stir in brandy, and bring to boiling-point again.

CHEESE SAUCE

(For savory dishes and vegetables)

INGREDIENTS

$\frac{1}{2}$ pint white sauce	2 oz. grated cheese
1 tablespoon butter or cream	

Method.—Make the sauce, and when cooked stir in the cheese and butter. Do not boil after these are added.

JAM SAUCE

(For puddings)

INGREDIENTS

- | | |
|--------------------------------------------------------|------------------------------|
| 2 tablespoons plum jam (or any other
jam preferred) | $\frac{1}{2}$ cup cold water |
| Squeeze lemon juice | 1 teaspoon cornflour |

Method.—Put the jam and water on to boil. Mix the cornflour with a little extra cold water, and stir it into the jam and water. Allow to boil for 3 minutes. Strain through a sieve, and add the lemon juice.

CHOCOLATE SAUCE

(For puddings)

INGREDIENTS

- | | |
|----------------------------|----------------------------------------|
| 1 oz. butter | 2 tablespoons sugar |
| 1 oz. flour | 1 dessertspoon cocoa |
| 1 large breakfast-cup milk | $\frac{1}{2}$ teaspoon vanilla essence |

Method.—Melt butter, add flour and cocoa, and blend well. Gradually add milk, stirring all the time. Add sugar and essence, and boil for 2 minutes.

MINT SAUCE

(For roast lamb, hot or cold)

INGREDIENTS

- | | |
|---------------------------------------------------------|----------------------------|
| 2 tablespoons finely-chopped mint
(washed and dried) | 1 tablespoon boiling water |
| 2 tablespoons sugar | $\frac{1}{2}$ cup vinegar |
| | Pinch salt |

Method.—Pour the water over the sugar, salt, and mint mixed. Stir well, and add the vinegar.

MINT JELLY

(Serve with cold roast lamb)

INGREDIENTS

- | | |
|-----------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ cups water | 3 tablespoons sugar |
| $\frac{1}{2}$ cup vinegar | 1 large tablespoon gelatine |
| 6 tablespoons finely-chopped mint | Pinch salt |

Method.—Heat the water, and dissolve the gelatine in it. Add vinegar, sugar, salt, and mint. When cold, pour into a shallow cake tin, previously wetted, and allow to set. Cut into blocks or shapes, and serve with cold lamb, in place of mint sauce.

TARTARE SAUCE

(For fried and grilled fish, and some meats and salads)

Make mayonnaise sauce (see Salads and Salad Dressings), and add to it some finely chopped capers and a dash of cayenne pepper.

(Another recipe for Tartare Sauce appears with Asparagus Bundles—see Vegetable section.)

BÉCHAMEL SAUCE

(A foundation sauce for fish and meat)

INGREDIENTS

1½ oz. flour	Half a carrot (sliced thickly)
1½ oz. butter	1 small onion
1 pint milk and white stock mixed	Sprig of parsley, seasoning

Method.—Put the milk and stock into a saucepan with the cleaned and prepared vegetables and parsley. Bring slowly to the boil, then leave at the side of the fire until the milk is well flavored. Melt the butter, stir in the flour, and blend well. Strain the milk, add it gradually, keeping the sauce well stirred until it boils. Cook gently for a few minutes, and add seasoning to taste.

CHAUDFROID SAUCE

(Cold sauce for masking chicken and cutlets)

INGREDIENTS

½ pint Béchamel sauce	1 gill mayonnaise
Aspic jelly	

Method.—Prepare a gill of aspic jelly (you can buy this in packets like fruit jellies), and stir it into the warm sauce. When it is quite cold, stir in the mayonnaise. The sauce should be thick enough to coat the back of the mixing spoon.

HOLLANDAISE SAUCE

(For fish and vegetables)

INGREDIENTS

1 pint fresh rich white sauce	Juice ½ lemon
1 egg yolk	

Method.—Place the egg in a bowl and beat it slightly. Add a spoonful of the sauce slightly cooled, and beat together. Return to the remaining sauce and stir all together. Heat, but do not boil, and at the last add the lemon juice, a drop at a time.

CAPER SAUCE

(For fish or boiled mutton)

INGREDIENTS

$\frac{1}{2}$ pint white sauce
 $1\frac{1}{2}$ tablespoons capers

1 teaspoon caper vinegar

Method.—Add the capers whole or chopped and the vinegar to the sauce just before serving.

MAÎTRE D'HÔTEL SAUCE

(For fish, chicken, and veal)

Add a dessertspoon of lemon juice, a tablespoon of finely-chopped parsley, and a dust of cayenne to $\frac{1}{2}$ pint rich white sauce. Do not boil after adding the lemon juice.

HORSERADISH SAUCE

(For boiled fish or roast meat)

INGREDIENTS

2 oz. finely-grated horseradish
 Salt, pepper, mixed mustard

2 dessertspoons white vinegar
 $\frac{1}{2}$ gill cream

Method.—Mix the horseradish with the vinegar, add seasoning to taste. Whisk the cream till thick and mix in gradually.

FOAM SAUCE

(For puddings)

INGREDIENTS

4 oz. butter
 8 oz. sugar

1 cup boiling water

Method.—Beat the butter to a cream, mix in the sugar, and stir till white. At the last moment pour over the boiling water and stir for 2 or 3 minutes.

GOLDEN SAUCE

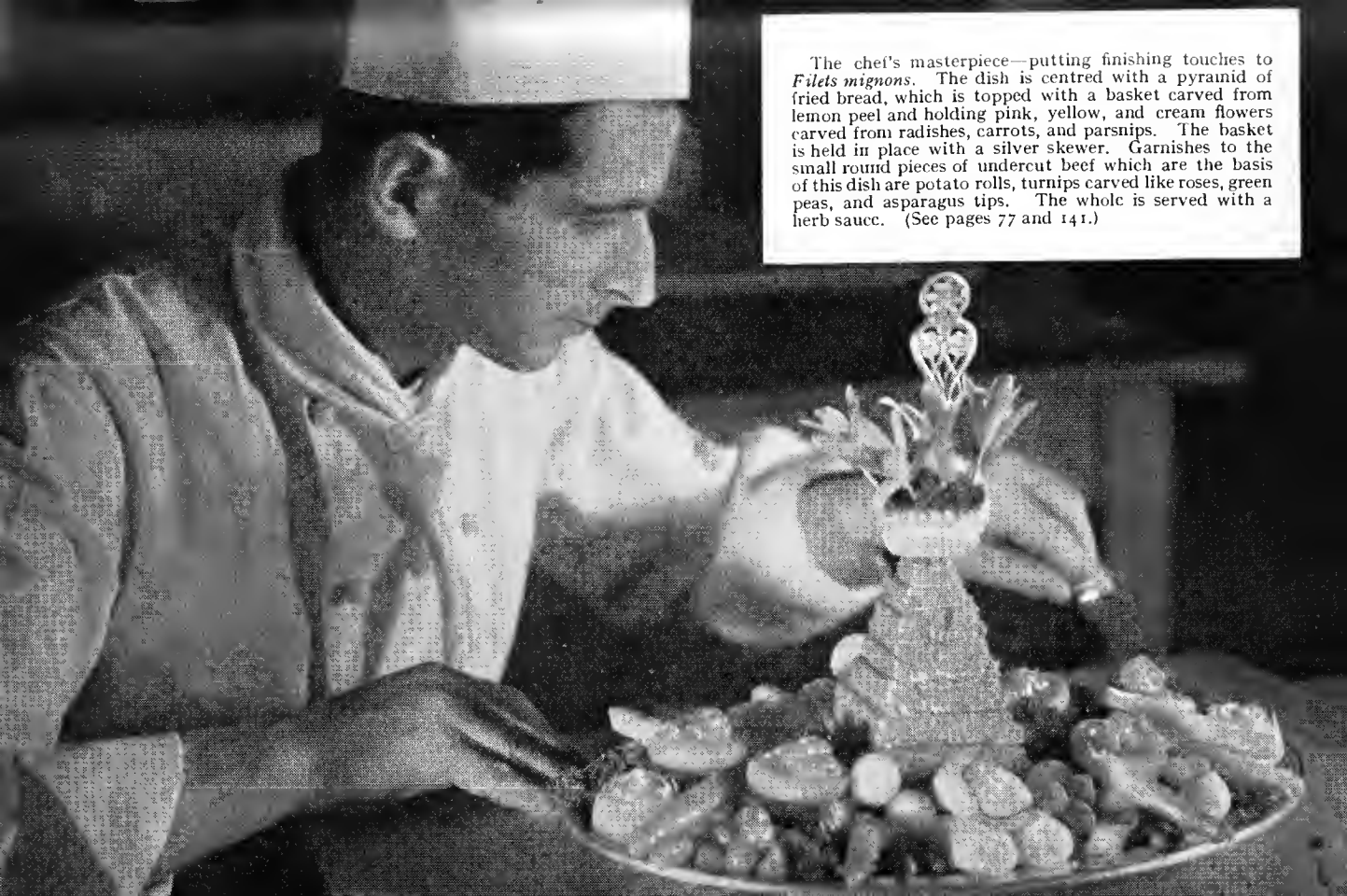
(For puddings)

INGREDIENTS

$\frac{1}{2}$ pint water
 2 tablespoons golden syrup

Squeeze lemon juice
 1 dessertspoon maizena or cornflour

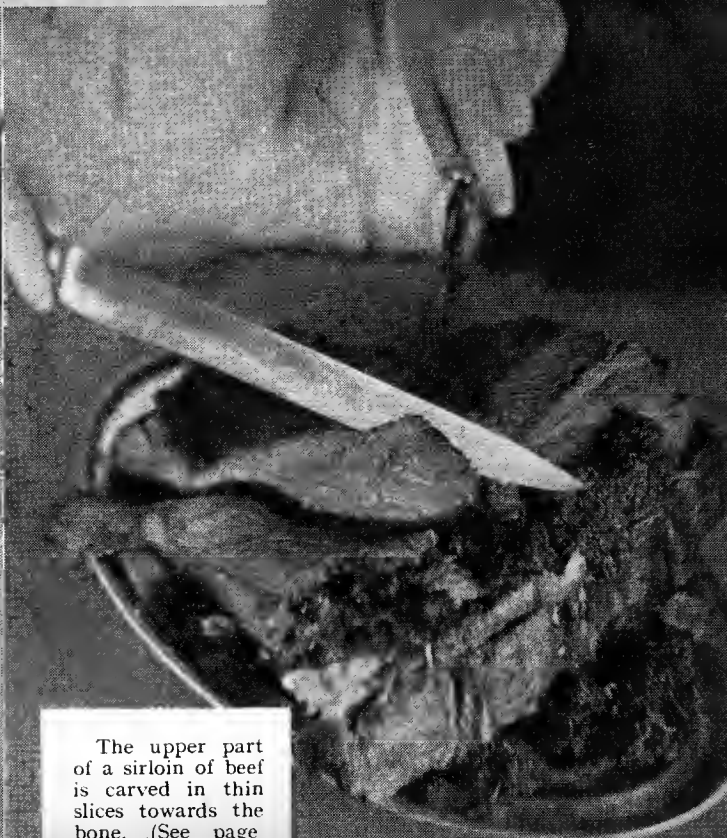
Method.—Blend the maizena with a little cold water. Bring $\frac{1}{2}$ pint water to the boil, add the maizena, cook for a few minutes, and add the golden syrup and lemon juice.



The chef's masterpiece—putting finishing touches to *Filets mignons*. The dish is centred with a pyramid of fried bread, which is topped with a basket carved from lemon peel and holding pink, yellow, and cream flowers carved from radishes, carrots, and parsnips. The basket is held in place with a silver skewer. Garnishes to the small round pieces of undercut beef which are the basis of this dish are potato rolls, turnips carved like roses, green peas, and asparagus tips. The whole is served with a herb sauc. (See pages 77 and 141.)



The undercut of a sirloin of beef is carved first, in thick slices, across the grain towards the bone. (See page 348.)



The upper part of a sirloin of beef is carved in thin slices towards the bone. (See page 348.)

TREACLE SAUCE

(For puddings)

INGREDIENTS

2 cups treacle
2 tablespoons butter

Juice of 2 lemons

Method.—Boil butter and treacle for 3 minutes, and add lemon juice.

GINGER SAUCE

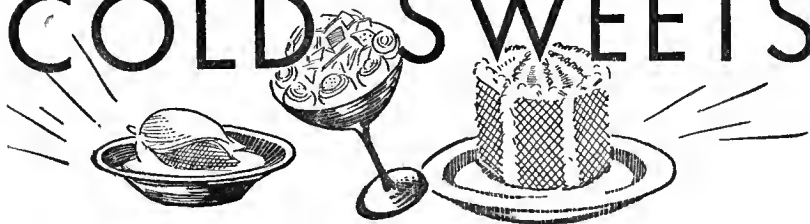
(For puddings)

This recipe for Ginger Sauce is both extravagant and excellent.

Take the syrup from a jar of preserved ginger. Heat to boiling-point with some of the ginger cut into small dice. When ready to serve with a steamed pudding, add to the syrup $\frac{1}{2}$ small glass brandy. Mix well, pour over the pudding, and send to table at once.

Recipes for bread, apple, and egg sauces are in the poultry section.

COLD SWEETS



APRICOT EGGS

INGREDIENTS

4 plain sponge cakes
Stewed apricots

Cream

Method.—Split the sponge cakes in half, as you would a scone. On each half pour enough apricot juice to moisten the cake, without making it soggy. On this place a firm half apricot, round side up. Put whipped cream around this to represent a poached egg.

BANANA ANDY

INGREDIENTS

2 oranges
4 large bananas
1 lemon
6d. cream

4 walnut halves
Glacé cherries
Chopped walnuts
Sugar

Method.—Peel the oranges and cut into small pieces. Put about half an orange into each glass, sprinkle with sugar. Slice the bananas, and roll each slice in finely chopped walnut. Place on top of the orange, and squeeze lemon juice over. Add a small teaspoon of gelatine to the cream, and whip stiffly. Cover the banana with cream, and decorate with a half walnut, and one or two cherries.

COFFEE CREAM

INGREDIENTS

1 pint milk
3 eggs
 $\frac{1}{2}$ oz. gelatine

2 tablespoons sugar
1 tablespoon coffee essence

Method.—Dissolve gelatine in a little hot water. Beat yolks of eggs and 1 tablespoon sugar together. Mix essence with the milk. Bring it to the boil, and add to the eggs and sugar. Let cool a little,

and add the dissolved gelatine. Return to the fire, and stir all the time, till it begins to thicken. On no account must it boil. Set aside to cool. When cold, add the rest of the sugar and the egg whites, beaten together to a stiff froth. Pour into a wet mould to set.

CALEDONIAN CREAM

INGREDIENTS

- | | |
|-------------------------|-------------------------|
| 2 oz. raspberry jam | 2 oz. sifted loaf sugar |
| 2 oz. red-currant jelly | Whites of 2 eggs |

Method.—Put all ingredients into a bowl, and beat for $\frac{1}{4}$ hour. Set aside in a glass dish, on ice, if possible. Blobs of whipped cream, though not essential, improve both the appearance and flavor of this sweet.

APPLE SHAPE

INGREDIENTS

- | | |
|--------------------------|------------------------------------------|
| 1 lb. cooking apples | Stiffly whipped cream |
| $\frac{1}{2}$ pint water | 1 tablespoon red-currant or quince jelly |
| $\frac{1}{2}$ lb. sugar | $1\frac{1}{2}$ tablespoons gelatine |

Method.—Peel, core, and slice the apples. Put them into a pan with the water, sugar, and jelly. Simmer till tender, mash to a pulp, add the gelatine, and stir till dissolved. Pour into a wet mould, and place aside till set. Unmould and serve decorated with whipped cream.

FRUIT DELIGHT

INGREDIENTS

- | | |
|--------------------------------|---------------------|
| 3 cooking apples | 1 tablespoon water |
| 3 bananas | 3 tablespoons sugar |
| $\frac{1}{2}$ box strawberries | |

Method.—Peel, core, and slice the apples. Peel and slice the bananas. Hull and clean the strawberries, and place all in a lidded fireproof dish. Sprinkle with the sugar, add the water, and bake in a moderate oven, from 20 to 30 minutes. Allow to get cold, and serve with cream or custard.

APPLE SNOW

INGREDIENTS

- | | |
|------------------------------|--------------|
| 1 lb. cooking apples | 3 oz. sugar |
| Juice of $\frac{1}{2}$ lemon | 2 egg whites |

Method.—Peel, core, and slice the apples. Cook gently with the sugar and a little water till tender. Pass them through a sieve. Add the lemon juice and unbeaten egg whites. Beat until the mixture is stiff and white. Pile into a glass dish, and serve with cream or custard.

FRUIT COMPOTE

INGREDIENTS

$\frac{1}{2}$ lb. each of strawberries, raspberries,	9 oz. sugar
gooseberries, loganberries, red currants, and black currants	1 cup water

Method.—Put the sugar and water into a saucepan. Boil for about 5 minutes, till a syrup is formed. Clean and prepare the fruit, washing it if necessary. Add to the syrup, and simmer gently till soft. Serve cold with cream.

GOOSEBERRY TRIFLE

INGREDIENTS

2 lb. green gooseberries	8 oz. sugar
4 sponge cakes	1 gill water
1 cup milk	1 gill cream, whipped
1 egg	2 tablespoons finely-chopped walnuts

Method.—Wash and top and tail the gooseberries. Stew them with the water and 7 oz. sugar in a double saucepan till soft. Press them through a fine sieve. Cut the sponge cakes in slices, and place them in a deep dish. Pour over the gooseberry purée. Make a custard as follows: Heat the milk, and, when almost boiling, pour it over the egg and 1 oz. sugar beaten together. Return to the saucepan, and stir over the fire till the custard begins to thicken. Strain this, while hot, into the bowl, and allow the whole to become quite cold. Spread the cream lightly on top, and sprinkle freely with chopped walnuts.

It is advisable not to use a crystal or glass dish for this recipe, owing to the likelihood of cracking.

GLORY CAKE

INGREDIENTS

A plain sponge sandwich	Large tin preserved peaches
10 to 12 sponge fingers	$\frac{1}{2}$ pint cream
3 tablespoons castor sugar	

Method.—Whip the cream with the sugar till stiff. Slice up 3 or 4 of the peach halves, and place them evenly over the lower half of the

sandwich. Pour over a small quantity of the syrup. Cover with cream, and place the other cake on top. Split the sponge fingers carefully. Smear the cut side with cream. Stick them on to the cake, round the outside, close together, and standing above the top about 1 to 1½ inches. Fill the centre with cream. Place the remaining peaches on top, round side uppermost, and pipe cream where any cavity needs filling up. Tie a ribbon round the lower edge of the fingers, and complete with a large bow. Fresh fruit is quite as good as the tinned variety, perhaps even better, and any of the berry fruits are good for this delicious sweet.

LEMON SOUFFLÉ

INGREDIENTS

2 eggs and 1 extra white
 5 oz. castor sugar
 2 lemons
 2 tablespoons hot water
 1 dessertspoon gelatine

1½ gills cream
 Crystallised violets
 6 small paper soufflé cases
 Plain white paper

Method.—Cut the paper into strips large enough to wrap round the cases, and deep enough to stand well above the tops. Pin them in position. Whip the cream till stiff. Separate the eggs, and place the yolks, sugar, grated rind of 1 lemon, and juice of 2, into the top half of a double saucepan. Whisk the mixture over hot water till it thickens. Turn into a basin and allow to cool, then stir in most of the cream, leaving out enough only for decoration. Dissolve the gelatine in the hot water, and stir this in, too. Whip the egg whites stiffly, and whisk them into the lemon mixture when it is beginning to thicken. Place the cases on a tray, to avoid handling them when filled. Before the mixture is set, turn the mixture carefully in, and place aside till set. Before serving, remove the paper carefully with the aid of a knife, and decorate the soufflés with violets and cream.

WHIPPED PINEAPPLE JELLY

INGREDIENTS

Small tin pineapple chunks or slices
 Water

2 dessertspoons gelatine
 1 dessertspoon sugar

Method.—Drain the liquid from the fruit, measure it, and add water to make 1 pint altogether. Put this into a saucepan. Add the sugar and gelatine, and heat till both are dissolved. If sliced pineapple is used, cut into neat chunks, and add these to the liquid. Pour into a large open basin, and allow to become cold. When it is beginning to set, beat for about 10 minutes, till the mixture is frothy. Pour into a wet mould to set.

BLACKBERRY SURPRISE**INGREDIENTS**

1 plain sponge sandwich (unfilled)
Blackberries

Castor sugar
1½ pints thick custard

Method.—Pour 1 cupful of custard into a large glass dish. On this place one half of the sandwich. Cover the cake thickly with fresh blackberries, and shake castor sugar over. Place the other half of the cake on top, and mask the whole with custard. Allow to stand for several hours before serving.

ORANGE AND PINEAPPLE SALAD

Select a large ripe pineapple, with a fresh-looking top. Cut the pine in two lengthwise, having one portion slightly larger than the other, and leaving the green top attached to this larger portion, but cutting round half the neck of the pine. Carefully remove all the pineapple, leaving the cases intact. Discard the core, and cut the fruit up small. Peel 2 or 3 navel oranges. Remove the pith, cut up the quarters, and place both fruits in a bowl. Add sugar according to the sweetness or otherwise of the fruit, and allow to stand in a cool place till required. Fill the case with fruit, piling it well up, and place the lid in position. Should you wish to fill the pineapple case earlier in the day, keep back most of the juice, and pour it over at the last minute.

GOOSEBERRY FOOL**INGREDIENTS**

1 lb. gooseberries
5 oz. sugar
¼ cup water

1 cup milk
2 eggs
2 tablespoons cream (may be omitted)

Method.—Wash and tail the gooseberries, and place them in a saucepan with the water and 4 oz. sugar. More sugar may be needed if the fruit is tart. Stew them till tender, pass through a fine sieve, and allow to get cold. Make a custard as follows:

Bring the milk almost to boiling-point, and pour it over the eggs and 1 oz. sugar beaten together. Return the mixture to the saucepan, and stir over a gentle heat till the custard begins to thicken. Remove at once from the fire, allow to get cold, and strain. Mix the custard with the gooseberry purée, whip the cream slightly, and stir it gently in. Serve as cold as possible, in individual glasses, and, if liked, topped with cream. For ordinary purposes, the cream both in and on the fool may be omitted, and the custard may be made with 1 egg instead of 2. It is not quite so rich, and slightly thinner, but the result is good.

CURRENT FOOL

This is prepared in the same way as Gooseberry Fool, and red, white, and black currants may be mixed, or used alone, as preferred. If mixing them, a good blending is half of black to one of red and white. Less sugar may be required. That will depend on the sweetness of the fruit, and you will need practically no water if the fruit is crushed before cooking to make the juice run freely.

CURRENT MERINGUES

INGREDIENTS

6 or 7 meringue shells	1 gill cream
Stewed black currants	1 dessertspoon castor sugar
Vanilla essence	

Method.—Strain the juice from the stewed fruit, and fill the meringues with fruit, piling it up. Whip the cream with the sugar, and a drop of vanilla essence. Cover the fruit thickly with cream, and decorate each with two or three currants. These should be prepared only shortly before they are to be served.

LOGANBERRY SPONGE

INGREDIENTS

1 box loganberries	3 dessertspoons gelatine
1½ cups hot water	½ cup sugar
3 egg whites	

Method.—Stew the loganberries with the sugar and water, and pass all through a fine sieve. Return the purée to the saucepan, add the gelatine, and stir over a low heat till dissolved. Pour the mixture into a shallow bowl and allow to get cold. When it begins to set, beat it vigorously, add the stiffly beaten whites of eggs, and beat well. Pour into a wet mould and put aside to set.

RASPBERRY AND LEMON MOULD

INGREDIENTS

1 lb. raspberries	1 gill cream
3 oz. sugar	2 dessertspoons gelatine and hot water
1 packet lemon jelly	

Method.—Pick over the raspberries. Prepare the jelly as directed on the packet, and, when cold, pour a little into the bottom of a wet

mould. Let this set, and then decorate it with a few raspberries, dipped in jelly. When these are also set, add more jelly just to cover, and set again. Retain a few raspberries for final decoration, and rub the remainder through a fine sieve. Add the sugar and mix well. Whip the cream, and stir in the raspberry mixture. Dissolve the gelatine in a little hot water, and stir it into the raspberry and cream. Allow to stand. When beginning to thicken, pour into the prepared mould, and allow to set. Fill up the mould with jelly, and set again. A small quantity of jelly should be kept aside to serve chopped up round the base of the mould. Unmould, add the chopped jelly, and final decoration of raspberries.

RASPBERRY CREAM

INGREDIENTS

2 cups fresh raspberry juice
3 egg whites
1 cup sugar

2 dessertspoons gelatine
1 gill cream
Ratafias

Method.—Heat the raspberry juice, add the sugar and the gelatine, and stir till both are dissolved. Set aside in a shallow basin till the mixture is beginning to set. Then beat till light. Add the egg whites, whisked to a stiff froth, and continue beating till the mixture stiffens slightly. Pour into a plain wet mould, and allow to set. Unmould. Whip the cream with a teaspoonful of gelatine till stiff, and pipe small blobs of cream all over the mould. Decorate on top with ratafias. If preferred, the cream may be smeared with a knife over the entire mould, and then decorated with ratafias. In that case, do not whip the cream too stiffly.

RASPBERRY CHARLOTTE

INGREDIENTS

2 lb. raspberries
4 cups fresh breadcrumbs

Sugar
Butter

Method.—Butter a piedish thickly. Put in a layer of breadcrumbs, then a layer of raspberries previously picked over, and, if necessary, washed and well drained. Sprinkle with sugar, add another layer of breadcrumbs, more raspberries and sugar, and so on, with breadcrumbs for the top layer. Dot freely with butter, cover the dish, and bake, in a moderate oven, for about $\frac{1}{2}$ hour. Before removing from the oven, lift the cover and allow the charlotte to brown. Serve with cream or boiled custard. Blackberries, mulberries, or loganberries may be used.

RASPBERRY AND RED-CURRENT SAGO**INGREDIENTS**

- | | |
|--------------------------------------------------|----------------------|
| 4 tablespoons raspberry and red-
currant pulp | 3 cups boiling water |
| 5 oz. sago | 3 tablespoons sugar |
| | Squeeze lemon juice |

Method.—Soak the sago in cold water to cover it for 3 hours. Pour off any water not absorbed, and put the sago with the boiling water into a saucepan. Cook gently till the sago is clear and thick. Add the sugar, lemon juice, and fruit pulp previously passed through a fine sieve. It should be thick and not too juicy. Mix well together, and pour into a wet mould. Set aside till cold, unmould, and serve with custard or cream.

STRAWBERRY PUDDING**INGREDIENTS**

- | | |
|---------------------------|-----------------------|
| 1 lb. strawberries | 2 eggs |
| 3 oz. sugar | 3 dessertspoons sugar |
| $\frac{1}{2}$ cup water | 1 gill cream, whipped |
| 1 $\frac{1}{2}$ cups milk | Chocolate sprinkles |

Method.—Bring the milk nearly to boiling-point. Pour it over the eggs and 3 dessertspoons of sugar beaten together. Return to the saucepan and stir, over a gentle heat, till it begins to thicken. Remove at once from the fire, and allow to get cold. Put 3 oz. of sugar and the water into a saucepan, bring to the boil, and cook for 4 or 5 minutes, till a syrup is formed. Add the strawberries, and cook gently for 5 minutes longer. Allow to get cold. Strain the custard into a bowl, and over this pour the fruit. Cover with whipped cream and sprinkle thickly with chocolate sprinkles.

STRAWBERRY DELIGHT**INGREDIENTS**

- | | |
|-------------------------|-------------------------|
| 1 lb. strawberries | 2 eggs |
| 6 sponge fingers | 1 dessertspoon gelatine |
| $\frac{1}{2}$ lb. sugar | $\frac{1}{2}$ pint milk |
| 1 gill cream | Hot water |

Method.—Make a custard by bringing the milk almost to boiling-point. Pour it over the yolks of the eggs and a tablespoon of sugar beaten together. Return to the saucepan and, stirring continuously over a gentle heat, cook till the custard begins to thicken. Remove at once from the fire, and allow the custard to get cold. Wash the straw-

berries in a colander, hull them, and save several of the best for decoration. Rub the remainder through a fine sieve, add the sugar, and mix well. Split the sponge fingers in half lengthwise, and dip them into the custard. Arrange them round the sides and in the bottom of a glass dish; pour the remaining custard into the dish. Beat the whites of eggs to a stiff froth, and whip the cream. Add half the cream and the egg whites to the strawberry pulp, and beat all together. Dissolve the gelatine in a little hot water, cool slightly, and stir it into the other ingredients. The gelatine is not required to set the delight, merely to thicken it. Pour the mixture into the prepared dish, and place aside in a cool place till firm. Decorate with blobs of whipped cream and the remaining strawberries.

SUMMER PUDDING

INGREDIENTS

1 lb. apples
1 lb. blackberries

Sugar
Bread

Method.—Stew the apples and blackberries with a little water and sugar to taste. Butter a plain charlotte mould. Line it with slices of bread $\frac{1}{2}$ inch thick and with the crusts removed. Fit them well together, and fill up the mould with the stewed fruit. Place slices of bread to fit exactly on top, and set aside in a cool place, till next day. Unglaze, and serve with boiled custard or cream.

JELLIED FRUITS

INGREDIENTS

1 packet each red, green, and orange
jelly
1 large firm banana

1 small tin peaches
Stewed cherries, stoned

Method.—Prepare the jellies as directed on the packets. When cold, pour a thin layer of green jelly into a wet ring mould. Allow to set, and place drained slices of peaches on this. Pour in gently enough green jelly just to cover the fruit. When this is set, pour in a thin layer of orange jelly. Allow to set, and add slices of banana. Add more orange jelly, and when set repeat the process with the red jelly and cherries, filling up the mould. Place aside in a cool place till set. When unmoulded serve with some of the fruit or chopped jelly surrounding the shape.

MERINGUE CAKE

INGREDIENTS

8 egg whites	2 tablespoons chopped crystallised cherries
$\frac{1}{2}$ pint cream	Cochineal
16 tablespoons sugar	3 or 4 whole crystallised cherries
$\frac{1}{2}$ tablespoons chopped walnuts	

Method.—On a sheet of kitchen paper, draw a circle the size you wish to make the meringue case, using a plate. For the top of the cake, repeat the process on another paper, drawing a slightly smaller circle. Place the papers on the reverse sides of two scone trays.

Whip the egg whites in a large bowl, till they are stiff. When the bowl may be turned upside down with safety, the eggs are ready. Add 2 tablespoons sugar at a time, beating each lot well in till all the sugar is incorporated. Color a delicate pink with 2 or 3 drops cochineal. Spread a layer of the mixture evenly over the area inside the circle for the case. Then, with some of the remaining meringue in a forcing bag, and using a plain pipe, force the mixture out in blobs of equal size, so that each one touches the last, keeping an even shape by following the line you have drawn. A second circle of blobs may be forced inside or on top of the first.

PEACH CREAM

INGREDIENTS

Large tin preserved peaches	3 dessertspoons gelatine
3 oz. sugar	$\frac{1}{2}$ packet orange or lemon jelly crystals
$\frac{1}{2}$ pint milk	(1 pint size)
$\frac{1}{2}$ cup cream	Crystallised cherries and angelica
2 eggs	

Method.—Dissolve the jelly as directed on the packet. When cold, pour a thin layer into a plain-sided mould, previously rinsed out with cold water. Allow to set. Dip half cherries and a few thin strips of angelica in liquid jelly, and arrange them to form a pattern in the mould. Pour jelly gently over, to cover, and allow to set again. Heat the milk. Beat the eggs and sugar together. Stir in the hot milk. Return to the saucepan, and cook over boiling water, stirring all the time, till the custard just thickens. Remove from the fire and allow to get cold. Dissolve the gelatine in $\frac{1}{2}$ cup peach syrup, drain the remaining syrup from the peaches. Press the fruit through a sieve. Whip the cream till stiff, and stir into the peach pulp and custard. When thoroughly blended, add the dissolved gelatine. Mix well, and when beginning to set, pour into the prepared mould. When set, unmould and serve, surrounded with the remaining jelly, roughly chopped.

CHERRY CREAM

INGREDIENTS

1 lb. cherries	1 packet cherry jelly crystals (1 pint)
1 gill cream	$\frac{1}{2}$ cup hot water
1 tablespoon castor sugar	

Method.—Stew the cherries with a little water and sugar. When tender, drain them. Reserve $\frac{1}{2}$ dozen or so of the cherries for decoration, and $\frac{1}{2}$ cup of the hot syrup. Add $\frac{1}{2}$ cup hot water to the syrup and dissolve the jelly crystals in this. Press the remaining cherries through a sieve. Add to the dissolved crystals. Whip the cream stiffly. When the jelly is beginning to set, stir it into the cream. Turn into a fancy mould, and when set unmould, and decorate with the whole cherries.

COFFEE TRIFLE

INGREDIENTS

Plain sponge sandwich	2 doz. coffee stars (approximately)
1 pint cream	1 pint milk
1 tablespoon castor sugar	3 eggs
2 tablespoons chopped walnuts	2 tablespoons sugar
1 doz. walnut halves (approximately)	Coffee essence

Method.—Heat the milk, beat the eggs and 2 tablespoons sugar together. Add the hot milk and enough coffee essence to flavor. Return to the saucepan, and cook slowly, or, better still, over boiling water, till the custard begins to thicken. Remove from the fire at once and allow to become cold. Whip the cream stiffly with a tablespoon castor sugar. Lightly stir in a tablespoon coffee essence (less if you prefer it), and the chopped walnuts.

You will require a large flat-bottomed bowl for the trifle, and it should not be too deep. Split each half of the sandwich cake through the middle, making 4 rounds of cake. Place one in the bowl, and pour custard over, enough just to cover the cake. Place another round of cake on top, and on this spread a thick layer of prepared cream. Place another piece of cake on top, cover with custard as before. Add the last piece of cake, and pour the remaining custard over all. Cover this with cream, and decorate with coffee stars and walnut halves.

PINEAPPLE CREAMS

INGREDIENTS

Sponge cake	Blanched almonds
1 tin crushed pineapple (or fresh pineapple)	Crystallised cherries
Cream	Bananas

Method.—With a sharp cutter, cut out circles of sponge cake, about 2 inches in diameter. Sandwich 2 rounds together with a good layer of pineapple between. Place in sundae glasses, and pour pineapple juice over the cake. Whip the cream, and coat each sandwich well. Sprinkle with fine sponge-cake crumbs, and decorate with a cherry in the centre of each, 3 or 4 slices of banana round this, and 4 or 5 blanched almonds.

PASSIONFRUIT FLUMMERY

INGREDIENTS

2 level dessertspoons gelatine	1½ cups sugar
8 passionfruit	Cochineal
1 cup water	1 tablespoon flour
Juice 2 oranges and 1 lemon	

Method.—Put into a saucepan the water, fruit juice, sugar, and gelatine. Heat gently, till the gelatine is dissolved. Add the flour, blended with a little cold water, and a drop or two of cochineal. Bring to the boil, and cook for 2 minutes. Pour into a large, wide, open basin, and allow to stand till it begins to set. Add the pulp of the passionfruit. Beat for 10 minutes with a wire whisk. Pour into a wet mould to set.

PINEAPPLE DELIGHT

INGREDIENTS

1 small tin sliced pineapple (1 to 1½ lb. size)	1 tablespoon flour
1½ cups sugar (bare)	2 dessertspoons gelatine
Juice 1 large lemon	Whipped cream

Method.—Take 2 cups pineapple syrup, or as much syrup as you have, and the rest water. Place this with the sugar, lemon juice, and gelatine into a saucepan. Heat till the gelatine is dissolved. Add the flour, well blended with a little cold water. Bring to the boil, and cook for 1 minute. Pour into a large open basin. Allow to get cold. When half set add 2 rings pineapple, finely chopped up, and beat all for 10 minutes. Pour into a wetted mould, plain sided for preference, till set. Unmould, place a ring of pineapple on top. Cut the other rings in half across, and place them round the mould. Decorate with whipped cream. Put through a forcing bag, or rough blobs of cream, if you prefer it.

RAINBOW BLANCMANGE

INGREDIENTS

1 pint milk
2 tablespoons cornflour
1 gill cream
3 bare tablespoons sugar

Vanilla essence
Cochineal
1 heaped teaspoon cocoa

Method.—Put the milk with the sugar on to boil in a saucepan. Mix the cocoa with a little hot milk. Blend the cornflour with a small quantity of cold water, and stir the latter into the hot milk. Continue stirring till the mixture boils, and cook for 5 minutes. Stir in 2 tablespoons cream, and remove half the mixture to another saucepan. Flavor this with vanilla and color with a drop of cochineal. Stir the blended cocoa into the other saucepan, and keep both mixtures hot. Fill dariole moulds (rinsed out with cold water) with alternate spoonfuls of the blancmange. Set aside till cold. Add to the remainder of the cream 1 teaspoon castor sugar and cochineal to color. Whip stiffly, and when the shapes are turned out, pipe a little of the cream on each. When filling the moulds, begin some with chocolate and others with pink.

BANANA CHARLOTTE

INGREDIENTS

9 to 12 sponge fingers
1 packet lemon jelly crystals
7 large bananas
4 tablespoons castor sugar
1 tablespoon finely-grated chocolate

3 teaspoons lemon juice
1 tablespoon finely-chopped walnuts
 $\frac{1}{2}$ pint cream, whipped
3 bare dessertspoons gelatine
3 tablespoons hot water

Method.—Prepare the jelly as directed on the packet. Rinse out a charlotte mould with cold water, and when the jelly is cold, pour in a thin layer and allow it to set firmly. Cut several slices of banana. Dip each in liquid jelly, and place carefully in the mould. Pour jelly over just to cover the banana, and allow to set firmly. Meanwhile, split the sponge fingers in half, cut a small portion off one end of each, and fit them closely round the sides of the mould; cut end standing on the jelly. Make a paste with crumbs and half-set jelly, and fill up any small cracks with this. Larger spaces may need wedge-shaped pieces of cake.

Then make the filling. Mash the remaining bananas, and place them in a bowl with the sugar, lemon juice, chocolate, walnuts, and whipped cream. Mix well, dissolve the gelatine in the water. Stir thoroughly into the mixture, and pour all carefully into the prepared mould. This quantity makes approximately $1\frac{1}{2}$ pints. If, on account of the shape or size of your mould, the filling does not reach to the tops of the sponge

fingers, fill up with some of the remaining jelly, which must be quite cold and almost at the thickening stage. To unmould, dip the bottom of the tin quickly in hot water and out again; the charlotte will then slip out easily. Serve, surrounded with the remaining jelly roughly chopped.

SHERRY GÂTEAU

INGREDIENTS

3 oz. S.R. flour
2 oz. sugar
2 oz. butter
1 egg
Strawberry jam

4 or 5 crystallised cherries
For the sauce :
1 large wineglass sherry
1 egg
1 tablespoon sugar

Method.—Beat the butter and sugar to a cream, add the egg, and beat well. Stir in the flour, and pour the mixture into a well-buttered ring mould. Bake in a moderate oven for about $\frac{1}{2}$ hour. Turn on to a sieve till cold, place in a suitable bowl. Fill the centre with strawberry jam, and mask all with the following sauce :

Put the sherry, egg, and sugar into a basin, stand this over a saucepan of boiling water, and beat the sauce till it resembles frothy custard. After masking the ring, garnish with slices of crystallised cherry.

TRIFLE WITHOUT WINE

(Suitable for children's parties)

INGREDIENTS

1 lb. Swiss roll
1 pint milk
2 eggs
2 tablespoons sugar
 $\frac{1}{2}$ pint cream

Blanched almonds
Ratafias
Hundreds and thousands
Glacé cherries
Angelica

Method.—Make a custard as follows: Beat eggs and sugar, add milk at boiling-point. Stir over a slow gas till the mixture *begins* to thicken—not till it is thick. Take off and allow to get cold. Remember, a boiled custard will thicken as it cools.

It is often possible, if you have just over-cooked it, to remedy the signs of curdle by stirring it vigorously.

Arrange slices of Swiss roll in a glass dish. Strain custard over, cover with whipped cream, and decorate with ratafias, almonds, cherries, and angelica. At the last minute, sprinkle freely with hundreds and thousands.

MELON BASKET

Melon basket is an attractive party dish. It is fruit salad served in a water-melon. For the salad, any fruits you choose may be mixed, but peaches, apricots, and pears are inclined to be mushy, and apple too hard. The following is a good combination :

INGREDIENTS

6 oranges
1 pineapple
6 bananas
12 passionfruit

Sugar
Boiling water
Strawberries
Cochineal

Method.—Peel and cut up the bananas and oranges. Peel the pineapple and break it up with two forks. Do not cut it. Add the passionfruit pulp and seeds. Take $\frac{3}{4}$ cup sugar and fill up with boiling water, add a drop of cochineal, and pour this over the mixed fruit. If the fruit is tart, or not very juicy, you will need twice the quantity of sugar and water.

To cut the melon basket : Take a good-sized water-melon, and place it on its side (with no inclination to roll). With a sharp knife make two cuts over the top, from end to end, about 1 inch apart (that is, $\frac{1}{2}$ inch on either side of the centre). Cut as deep as the centre of the melon—not beyond. This will form the handle of the basket. Make another cut, from end to end, along one side, meeting at the ends the cut made for one side of the handle. Cut the other side in the same way. Cut the flesh away to form a handle, and scoop out the basket, leaving a fairly firm receptacle. A little of the melon may be added to the salad if liked. Fill the basket with salad, and decorate with strawberries. If you have cherries, hang a bunch or two over the handle.

CREAM BASKETS

INGREDIENTS

Castles (see Hot Puddings)
Cream
Crystallised cherries

Vanilla
Angelica

Method.—When the castles are cold, take a sharp knife, and carefully scoop out some of the centres. Fill the cavities with cream, flavored and whipped till stiff. Decorate with cherries, and cut long thin strips of angelica, to represent the basket handles.

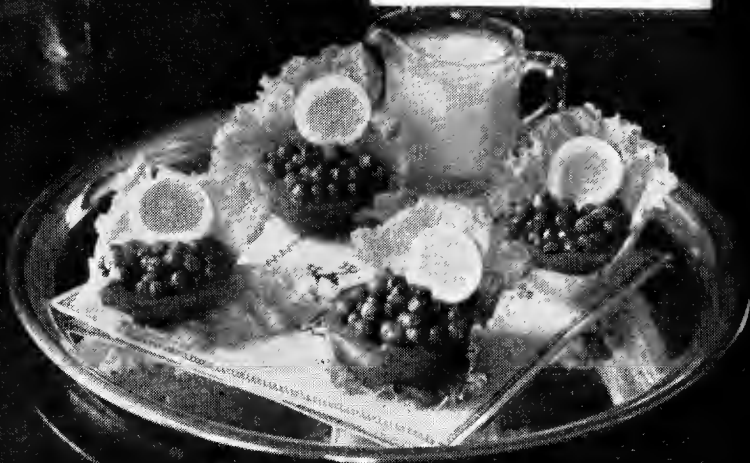
Beef galantine is centred by hard-boiled eggs. An excellent Sunday supper dish. (See page 80.)



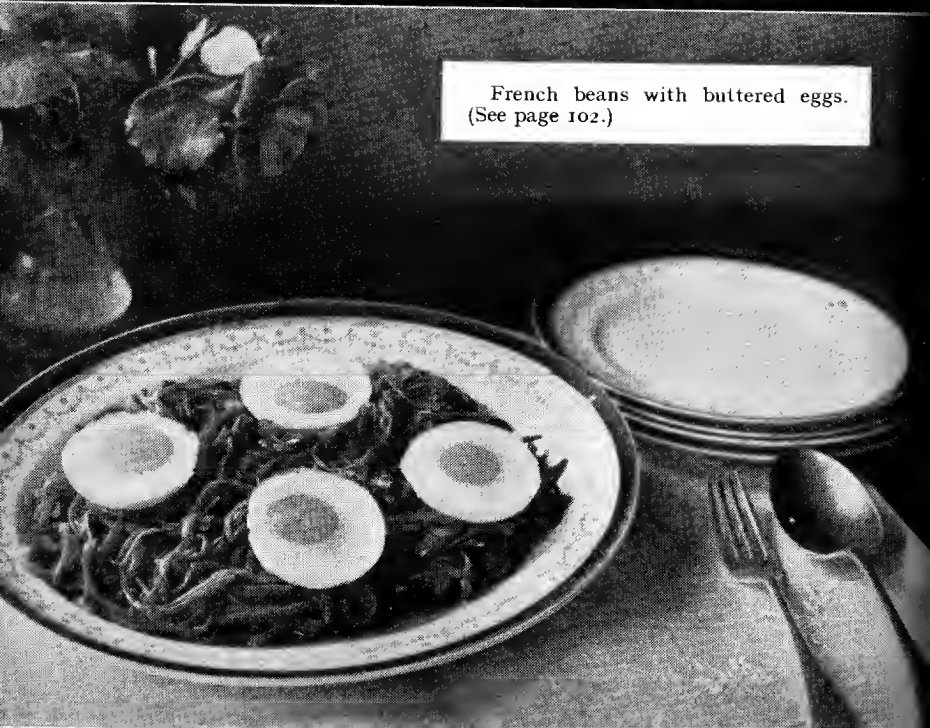
Sheep's tongues, set in jelly and served with tomato and lettuce. (See page 79, recipe for Tongue Shape.)



Scarlet tomatoes, filled with green peas, backed with yellow-centred egg slices, and set on crisp lettuce leaves, make delicious individual salads. (See recipe for Tomato and Pea Salad on page 108.)



French beans with buttered eggs. (See page 102.)



CARMEL CUSTARDS

INGREDIENTS

1 pint milk
3 tablespoons sugar
3 eggs
Vanilla essence

For the caramel :
 $\frac{1}{4}$ lb. sugar
1 teaspoon water

Method.—Make the caramel by putting the sugar and water on to boil in a saucepan. Stir occasionally. Take it off the fire immediately it is a pale golden brown, and like thin golden syrup. Coat the moulds well inside, by pouring a little caramel into the bottom. Holding the mould at an angle, let it run up and round the sides. Coat to the tops of the moulds or as high as the custard will be. The coating should be done quickly, as the caramel sets rapidly. Bring the milk to boiling-point, and pour it into the eggs and sugar, beaten well together. Add essence, and fill each mould. Cover with buttered paper, and bake in a slow oven till set. Unmould before serving. The custards may be served hot or cold. If served cold, they are better left in their moulds till needed. After unmoulding, some of the caramel is apt to remain at the bottom of the moulds—like toffee—but with a knife or skewer it may be broken up and loosened. Add it to the caramel juice ; it will melt and make more.

ORANGE CHARLOTTE

INGREDIENTS

1 teacup sugar
1 flat tablespoon gelatine
3 oranges
1 lemon

6 sponge fingers
Whites of 3 eggs
Whipped cream
Water

Method.—Soak the gelatine in $\frac{3}{4}$ cup cold water for 5 minutes. Add $\frac{3}{4}$ cup boiling water, and the sugar. Allow all to melt over a slow fire, but do not boil. Add 1 teacup orange juice, the grated rind of 1 orange, and the juice of the lemon. Pour into a basin to cool, and when nearly set beat the egg whites to a stiff froth, and add to the mixture. Pour into a mould, previously rinsed out with cold water, to set. Turn out when set, split the sponge fingers in half, lengthwise. Spread the cut side with whipped cream, flavored with a little grated orange rind, and sweetened. With the cream acting as an adhesive, stick the fingers round the shape, close together, and put one or two blobs of cream on top of the shape.

CHARLOTTE RUSSE

INGREDIENTS

For a Charlotte tin holding about $1\frac{1}{2}$ pints :

8 or 9 sponge fingers	$\frac{1}{2}$ oz. gelatine
1 packet lemon jelly	1 white of egg
$1\frac{1}{2}$ gills cream	3 dessertspoons castor sugar
$\frac{1}{2}$ gill milk	Vanilla essence
Glacé cherries	Angelica

Method.—Make $\frac{1}{2}$ pint lemon jelly as directed on the packet (choose a brand that will produce a firm jelly). Rinse out with cold water the Charlotte tin or mould, which must have a flat bottom, and plain, slightly sloping sides. When the jelly is cold, pour a thin layer into the bottom of the tin. Allow it to set, cut the cherries in halves, dip them (a skewer is a good implement to use) into a little of the remaining jelly, and place them in the tin to form a decoration. Cut some angelica to represent stalks or leaves, and proceed as with the cherries. Pour over another thin layer of jelly to cover the decoration, and allow it to set. Split the sponge fingers carefully in halves, lengthwise, and cut a piece off one end of each, so that they will stand firmly on the jelly, and reach to the top of the tin. Arrange them round the tin, with cut sides inwards. Make a paste of cakecrumbs and jelly, and with this fill up any cracks, so that the cream mixture will not ooze through. Whip the cream till it hangs on the whisk, stir in the sugar, milk, and $\frac{1}{2}$ teaspoon vanilla essence. Dissolve the gelatine in a little water, over a gentle heat, and when cool stir it into the cream. Whip the egg whites to a froth, and fold into the mixture. When it is beginning to thicken, pour into the prepared tin, and allow to set. If your tin should be larger than the size suggested for this recipe, it will be found more economical, instead of increasing the quantities for the cream mixture, to make a jelly with the rest of the jelly crystals. When it is beginning to set pour into the mould over the cream mixture, being careful that it does not overflow between the sponge fingers. When unmoulding, dip the bottom of the tin in warm water, and knock it sharply till it seems free. Serve some chopped jelly round the base as a garnish.

CHOCOLATE SPONGE RING

INGREDIENTS

1 sponge ring or Savoy	1 oz. chopped walnuts
3 oz. butter	$\frac{3}{4}$ pint milk
6 oz. icing sugar	2 eggs
2 oz. grated chocolate	3 dessertspoons sugar
Vanilla essence	1 doz. walnut halves

Method.—Cream the butter, add the icing sugar previously sieved, and beat till creamy. Dissolve the chocolate in a little water, over a gentle heat, and, when cool, add to the butter and sugar. Add chopped walnuts and vanilla, and blend well. Cut the sponge ring in small slices, as you would a sandwich cake, spread thickly with chocolate butter, and stick the slices together again, to form the original shape.

For the custard, heat the milk, beat the eggs and sugar together, pour the milk over, and return to the saucepan. Stir till it begins to thicken. Remove from the fire, allow it to get cold, strain, and pour over the cake. Decorate with walnut halves.

CHOCOLATE CREAM

INGREDIENTS

1 pint milk	2 eggs
$\frac{1}{2}$ cup sugar	Melted chocolate or cocoa
2 level dessertspoons gelatine	Blanched nuts

Method.—Put the gelatine into the cold milk for a few minutes, then heat it slowly till gelatine is melted—and do not let it boil. If chocolate is used, grate it (2 oz. will be enough or more for a richer flavor) and melt with the milk and gelatine. If you are using cocoa, mix 2 teaspoons with a little of the milk and stir it into the hot milk. Beat the yolks of the eggs with the sugar. Then pour the hot mixture on to them, stirring all the time. Return to the saucepan, and stir over a gentle heat until the custard thickens. Remember if it boils it will curdle and develop into quite a pleasant but very different sweet. Put aside to become cold, and when it is just setting whisk it well with an egg-beater. Then pour it on to the beaten egg whites and whisk again. Pour into a mould to set. Before sending to the table decorate with blanched nuts.

DOROTHY CREAM

INGREDIENTS

Red jelly	$\frac{1}{2}$ cup boiling water
5 eggs	4 passionfruit
$\frac{1}{4}$ oz. sugar	2 bananas
$\frac{1}{4}$ oz. gelatine	

Method.—First set a little red jelly in the bottom of the mould. Melt the gelatine in the half-cup of water. Beat the yolks of the eggs with the sugar. Pour the hot gelatine into the eggs, stirring all the while. When beginning to set, lightly stir in the stiffly beaten whites of eggs. Beat together for a few minutes, and pour all into the mould, first being sure that the jelly is set. When nearly hard, make a hole

in the centre and fill with the chopped banana and passionfruit. Slightly melt the scooped-out part, and pour back into mould. Put aside in a cool place. Serve with whipped cream if possible. For decoration, set a few slices of banana in the jelly.

QUINCE CREAM

INGREDIENTS

2 dessertspoons flour
2 cups quince juice

2 dessertspoons gelatine

Method.—Stew some quinces in the usual way with water and sugar. When the quinces are cooked, and the syrup is a good color, strain off 2 cups of this juice. Taste it to see it is of the right sweetness. It must not be too sweet, and the distinctive flavor of the quinces must be strong. Mix a spoonful of plain flour and a spoonful of granulated gelatine with a little water and add to the fruit juice. Simmer gently for 10 minutes, then take off the fire and whisk for 10 to 20 minutes, till the mixture is creamy and shows signs of setting. Pour into a mould and put in a cold place. Whipped cream helps to make it attractive.

SPANISH CREAM

Spanish cream is improved if you cover it with apricot jam, and top that again with whipped cream.

INGREDIENTS

1 pint milk
2 eggs
 $\frac{1}{2}$ oz. gelatine

$\frac{1}{2}$ cup sugar
Vanilla

Method.—Whisk the eggs with the sugar till they are thick and creamy. Dissolve the gelatine in the milk and pour on to the beaten eggs. Strain back into the saucepan. Return to the fire until the eggs are cooked and the mixture thickens a little. Do not let it boil or it will curdle. Flavor with vanilla or other essence, and pour into flat mould to set. Turn out when ready to serve, spread with apricot jam, and top with whipped cream.

ANGELS' FOOD

Angels' food is made from the same mixture as Spanish Cream (see preceding recipe), but the whites are separated from the eggs and the mixture boiled so that it will curdle. Then it is poured on to the whipped whites and beaten till both are blended. Angels' food is improved by the addition of the juice of 2 lemons.

MOONSHINE

INGREDIENTS

1 pint well-flavored lemon squash $\frac{1}{2}$ oz. gelatine

Method.—Soak the gelatine in a little water till it is soft. Add it to the lemon squash, and heat till the gelatine has melted. Put aside to cool. When it is just beginning to set, whisk it till it is white.

BANANA MOULD

INGREDIENTS

1 pint packet lemon jelly 6 bananas
4 dessertspoons apricot jam

Method.—Make the lemon jelly according to directions. When just on the point of setting, decorate mould with a banana cut into rounds, the rounds dipped in jelly, and set in a circle round the bottom of the mould. Pour a little jelly in when they are set, and put the mould in cold water. Mash the bananas, first taking off the string-like pieces. Add the jam and mix thoroughly. Then stir in the jelly carefully. Pour the mixture into the prepared mould and leave until set.

SAGO SHAPE

INGREDIENTS

$2\frac{1}{2}$ oz. sago $1\frac{1}{2}$ pints milk
2 lemons 6 tablespoons golden syrup

Method.—Cook the sago and milk in a double saucepan over a slow heat. Add the finely pared rind of 1 lemon. Be careful to cut away all the white pith. Add the golden syrup after it has been cooking for about an hour and a half, and then add the juice of the lemons. Remove the strips of peel, and put in a mould which has been rinsed in cold water. Serve cold with cream or custard.

RHUBARB AND BANANA FOOL

Peel 5 or 6 large bananas and rub them through a sieve. Add immediately to a breakfast-cup of stewed rhubarb, and stir in a small cup of custard. Sweeten to taste, and add a little cochineal to brighten the color. Serve in a crystal bowl, and decorate with slices of banana.

APRICOT MOULD

This is a little different from the usual gelatine moulds. Cook 2 oz. ground rice (mixed smooth with a little milk) in $1\frac{1}{2}$ pints boiling milk for 10 minutes. Pulp 1 lb. stewed apricots and add to the rice mixture. Sweeten to taste, and pour into a border mould. When it is set turn out and fill the centre with whipped cream. Decorate with whole stewed apricots.

ORANGE CUPS

Cut oranges into halves and remove pulp without breaking skins. Cut the edges into fancy shapes with scissors. Remove all white pith from orange flesh and cut into neat cubes. Fill the cups with the cubes, sprinkle with castor sugar, and cover with cream. If liked, other fresh fruit may be cut up and mixed with the orange in the cups. (See how to cut orange baskets on page 321.)

RIBBON MACEDOINE

INGREDIENTS

Colored jellies

Various fruits

Method.—Rinse a suitable mould in cold water. On the bottom make a design, say, three cherries with their stalks in the centre, with a ring of sliced glacé cherries round the edge. When the design has been placed as desired, carefully pour in 1 or 2 tablespoons melted lemon jelly. When this has set, not before, more lemon jelly, cold but still liquid, should be added until about an inch deep. Leave to set. Now cut even slices of banana and place the rings round the side of the mould, the edges resting on the set jelly. Add a spoonful or two of cold unset jelly of another color—say, greengage. Set quickly. Fill this layer with more sliced bananas, taking care that they will not interfere with the design at the edge. Fill with green jelly, but do not add so much liquid jelly that the fruit will float. When set, add a little more jelly so that the layer stands away from the banana design.

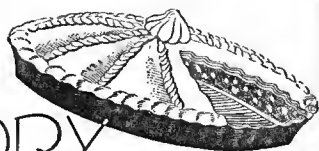
Now cut preserved or cooked slices of pineapple in triangles of the same size. Dip each of these pieces into cold red jelly. Press on to the side of the mould, right round, with the point resting on the set green jelly. Add a spoonful or two of the red jelly to set the points.

Then fill up as before, with more fruit and jelly. You thus have a three-color jelly with a cherry garnish, a layer of bananas, and a layer of pineapple. Any other arrangement of colors or mixture of fruit can be used. To look well the outside of the mould should be a methodical design of suitable fruit.

To turn out, dip the mould quickly into a basin of warm water, having first loosened the edge with a knife. Reverse on the dish in which it is to be served. Grasp the dish with the fingers and the mould with the thumbs, and jerk smartly downwards.

PASTRY

SWEET & SAVORY



HANDLE pastry as little as possible.

Keep the ingredients and utensils used as cool as possible.

Usually, if pastry is to rise successfully, a good fire is called for at first.

Pastry is not sufficiently cooked while any fat can be seen bubbling and glistening.

The four main types of pastry are : Puff Paste, Rough Puff Paste, Flaky Pastry, Short Crust.

PUFF PASTE

INGREDIENTS

$\frac{1}{2}$ lb. flour
 $\frac{1}{2}$ lb. butter
1 egg

1 gill water
Squeeze lemon juice
Pinch salt

Method.—To make successful puff pastry, work in a cool place. Have a hot oven to cook the paste, and, if possible, a marble slab to work on.

Wash the butter in cold water to remove the salt, and squeeze it dry in a floured cloth.

You will need a quarter of the butter for immediate use. Shape the remainder into a flat pat, approximately square, and set aside, in a very cool place, till required.

Sift the flour and salt into a basin. Rub the smaller quantity of butter lightly into the sifted flour with the finger-tips.

Separate the yolk of egg from the white, beat the yolk. Add water and lemon juice, strain this liquid into the flour mixture, and form into a fairly stiff dough.

Turn on to a lightly floured slab or board. Knead it for 5 to 10 minutes until the dough is elastic and rebounds when lightly pressed with the finger.

Keeping the edges very even, roll out in a strip, slightly more than twice as long as the pat of butter, and slightly wider than the butter. Place the butter in the middle of one half of the pastry, and lightly

brush with white of egg the pastry surrounding the butter, three sides only.

Fold the other half of the pastry over the butter, being careful to have the edges exactly even. Turn the pastry round with the fold at the side, flatten it in two or three places with the rolling-pin, and roll out in a long strip.

Roll carefully, so that the butter will not break through. Roll in one direction—from you—all the time, and do not roll over the edges of the pastry, at top and bottom.

Keep the edges even, and fold the strip in three. Turn with the folds to the sides. Flatten slightly as before, and allow the paste to stand in a cool place for 15 minutes.

With folds to the sides, roll out in a strip and fold as before. Allow to stand for 15 minutes. Repeat this process, and when the paste has been folded seven times it is ready to roll out the size and thickness required.

ROUGH PUFF PASTE

INGREDIENTS

8 oz. flour
 $\frac{1}{2}$ teaspoon baking powder
 Pinch salt
 3 oz. butter

3 oz. lard (or all butter)
 1 egg yolk
 $\frac{1}{2}$ cup water

Method.—Sift the salt and baking powder with the flour into a large open basin. Add the butter and lard, and chop them into the flour, with a knife, till broken up into pieces about 1 inch square or a little less. Beat the egg yolk slightly, mix with the water, add most of this to the prepared flour, and quickly form into a moist dough. All the liquid may be needed, but it is better to wait and see than have the dough too wet and sticky. Flour the board lightly. Knead the dough a little. Roll out in a square, keeping the edges even. Fold into four (north to south and east to west), then roll the paste in an oblong. Roll from you all the time. Fold in three, turn with folded edges at the sides, and roll again in an oblong. Fold in three again, turn, and roll out as required.

FLAKY PASTRY

INGREDIENTS

8 oz. flour
 $\frac{1}{2}$ teaspoon baking powder
 Pinch salt

4 oz. butter, lard, or dripping
 1 gill water

Method.—Sift flour, salt, and baking powder into a basin. Divide the fat into 4 portions. Rub one lightly into the flour with the finger-

tips. Pour the water quickly in, and mix, with the hand, into a firm dough. Flour the board sparingly, and knead the dough till smooth. Roll out in one direction only—from you, in an oblong, keeping the edges even. Cut one portion of fat thinly. Spread over the dough, sprinkle lightly with flour. Fold in three, turn with open edges top and bottom, and roll out as before. Spread with another portion of fat. Sprinkle with flour, and continue in the same way till all the fat is used. Fold in three without any fat, and roll out as required.

SHORT CRUST (1)

INGREDIENTS

6 oz. S.R. flour
4 oz. butter

Water to mix

Method.—Sift the flour, rub in the butter lightly with the finger-tips, and mix with enough water to form a dough. Flour the board lightly, and roll out as required.

SHORT CRUST (2)

INGREDIENTS

8 oz. flour
 $\frac{1}{4}$ teaspoon baking powder
Pinch salt

6 oz. dripping
Water to mix

Method.—Sift flour, baking powder, and salt into a basin. Rub the fat in lightly with the finger-tips, and mix with enough water to form a dough. Roll out as required on a lightly floured board.

BEEF PASTIES

INGREDIENTS

Flaky pastry
1 lb. bladebone steak
 $\frac{1}{2}$ cup cooked green peas
3 or 4 small new potatoes (cooked)
1 dessertspoon tomato sauce
1 teaspoon mixed herbs

Egg yolk for glazing
1 large tablespoon chopped parsley
1 tablespoon dripping
2 heaped dessertspoons flour
2 cups water
Salt, pepper

Method.—Remove fat and gristle, and put the meat through the mincer. Melt the dripping in a saucepan and, when a faint blue smoke rises, add the meat. Cook slowly, stirring now and then, for 10 minutes. Remove from the fire. Add the flour and blend well. Add the water by degrees, stirring the mixture well. Return to the fire, bring to the

boil, add tomato sauce, herbs, parsley, and salt and pepper to taste. Simmer gently from $\frac{1}{2}$ to $\frac{3}{4}$ hour. Chop the potatoes into dice, and add, with the peas, to the mixture. Strain off some of the gravy, which may be served, reheated and separately, with the pasties if desired. Roll out the paste and cut out rounds from 6 to 7 inches across. A saucepan lid answers the purpose if you have no large cutter. Place some of the mince, when cold, in the centre of each round. Lightly wet the edge half-way round. Lift both sides, wet and dry, and press together on top, fluting the edge between the finger and thumb. Place the pasties on a greased slide, not too close together, brush with egg yolk, and place in a hot oven. Lower the temperature slightly when the pasties are put in. Cook from 20 to 30 minutes, till the pastry is risen and set. This quantity should make from 8 to 9 pasties.

SAVORY PATTIES

INGREDIENTS

Rough puff paste
1 egg
 $1\frac{1}{2}$ gherkins

1 good teaspoon butter
Salt, cayenne
Egg yolk for glazing

Method.—Chop the gherkins finely. Melt the butter in a small saucepan, beat the egg, and add it to the butter. Stir over a gentle heat till thick and firm, but not at all dry. Remove from the fire, add the gherkins and a good seasoning of salt and cayenne. Roll out the pastry. With a small cutter, not more than $1\frac{1}{2}$ inches in diameter, stamp out the required number of rounds. Take a smaller cutter, about $\frac{1}{2}$ inch in diameter, and stamp out the centres of these rounds. Roll the remaining pastry out slightly thinner, and stamp out the same number of large rounds; brush these lightly with beaten egg yolk, and on each place a pastry ring. Glaze these sparingly, also the tiny rounds, being careful not to go over the edges. Place on a slide, previously wetted, in a hot oven from 20 to 30 minutes or longer. Lower the temperature slightly after the patties are in the oven, and do not open the oven door for at least 10 minutes. Remember that the pastry is not sufficiently cooked while you can still see any fat bubbling. Fill the patties with egg mixture, and place a top on each. Reheat in a moderate oven till warmed through, from 10 to 15 minutes. These little savories may also be served cold.

CHEESE TARTLETS

INGREDIENTS

Flaky pastry
1 oz. butter
1 heaped dessertspoon flour
 $\frac{1}{2}$ cup milk
1 egg and 1 extra egg white

4 tablespoons finely-grated cheese
Salt, pepper
Small quantity extra cheese, finely
grated

Method.—Roll out the pastry thinly. With a fluted cutter, stamp out rounds, and line some deep patty tins. Prick the base of each tartlet well with a fork, and stand them on a baking sheet. Melt the butter in a saucepan. Remove from the fire, and add the flour. Blend well and gradually stir in the milk. Return to the fire, and, stirring all the time, bring to the boil. Cook for a minute, remove, and allow the mixture to cool slightly. Separate the yolk from the white of egg. Beat the yolk slightly, add to the cooled sauce with the cheese, pepper, salt to taste, and mix all thoroughly. Whip the egg whites to a stiff froth, and fold into the mixture. Place a little in each tartlet and bake in a moderately hot oven, till risen and browned, from 15 to 20 minutes. Serve piping hot, with a little grated cheese sprinkled over each.

VIOLET PIE

INGREDIENTS

1 lb. puff paste
2 large onions

$\frac{1}{2}$ lb. ham

Method.—Fry the onions, peeled and finely sliced, in butter till soft. Drain them well. Chop the ham finely. Line a pie-plate with puff paste, put in a layer of onions and a layer of ham. Cover with pastry. Pierce the top in several places to allow the escape of steam. Bake in a hot oven.

VIOLET OLIVE PIE

INGREDIENTS

Puff paste
Thin slices cooked fillet of veal
Thin slices bacon
1 cup stock
 $\frac{1}{2}$ cup milk
1 egg
Pinch dried herbs

Milk
3 tablespoons breadcrumbs
1 oz. suet, finely chopped
1 teaspoon chopped parsley
Pinch salt
Dash cayenne
Grated nutmeg

Method.—Mix the breadcrumbs, suet, parsley, and seasonings together. Bind with beaten egg and a little milk if necessary. Place the slices of veal on slices of bacon—they should be about the same size. Cover with forcemeat. Roll up tightly and fill a piedish with them. Add the stock and milk. Cover with puff paste, and bake in a hot oven till the pastry is set. Lower the heat, and bake for about 2 hours altogether.

MOCK SQUAB PIE

INGREDIENTS

$\frac{1}{2}$ lb. puff paste
3 apples
5 or 6 small pork chops
2 onions

Sugar
Powdered sage
Finely-chopped parsley
Salt, pepper, flour

Method.—Peel, core, and slice the apples. Put them in the bottom of a piedish, sprinkle with sugar. Over this place a layer of chops, sprinkle with parsley, sage, pepper, and salt. Peel and slice the onions finely and place over the chops. Sprinkle with flour and cover with water. Cover the pie with paste and bake in a hot oven till the pastry is set. Lower the heat, and cook slowly from $2\frac{1}{2}$ to 3 hours.

VEAL AND HAM PIE

INGREDIENTS

1 lb. puff paste
 $1\frac{1}{2}$ lb. fillet veal
4 oz. ham or bacon
3 hard-boiled eggs

1 teaspoon finely-chopped parsley
Salt, pepper
Stock or water
Beaten egg for glazing

Method.—Cut the veal in small pieces. Cut the ham up roughly, and slice the eggs. Roll out the paste, and cut out a shape for the top of the pie, also a strip to lie flat on the edge of the piedish. Damp this edge and press the strip of paste in position. Place a pie funnel in the centre, and fill the dish with layers of veal, ham, and egg. Sprinkle parsley over, and season each layer with salt and pepper. Pour in enough stock to cover the contents. Damp the pastry rim and put on the top, pressing gently together round the edge. Brush over with beaten egg, and bake in a hot oven till the pastry is risen, set, and browned. Lower the temperature, and cook more slowly, about 2 hours altogether.

CORNISH PASTIES

INGREDIENTS

$\frac{1}{2}$ lb. steak
1 tablespoon finely-diced potato
1 tablespoon finely-diced onion
1 teaspoon finely-chopped parsley
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
Egg yolk for glazing

For the short crust :
4 oz. flour
2 oz. dripping
 $\frac{1}{2}$ teaspoon baking powder
Pinch salt
Water to mix

This quantity will make 4 pasties.

Method.—Sift the flour, baking powder, and salt into a basin. Rub in the dripping with the finger-tips, and mix with cold water to form a stiff dough. Knead slightly on a sparsely-floured board, and divide into four. Roll each out in a round, and trim the edges evenly. Cut the meat small. Mix with the onion, potato, and parsley, add pepper and salt, and mix well together. Divide into 4 portions, and place one on each round of pastry. Brush half-way round each edge with a little water. Fold over, and press the edges together. Flute between finger and thumb. Brush over with beaten egg. Prick with a fork. Place on a greased baking sheet. Bake in a hot oven till the pastry is risen and browned. Then lower the temperature, and cook slowly. They will take from 30 to 40 minutes altogether.

MINCE PATTIES

INGREDIENTS

$\frac{1}{2}$ lb. flaky or puff paste
 $\frac{1}{2}$ lb. steak or cold meat
 $1\frac{1}{2}$ gills water
 1 dessertspoon flour

$\frac{1}{2}$ teaspoon mixed herbs, chopped finely
 1 tablespoon finely-chopped parsley
 Salt, pepper
 Egg yolk for glazing

Method.—Mince the meat finely. Mix with the other dry ingredients. Place in a saucepan with the water, and stir till it boils. Cover the pan, and simmer gently for 20 minutes. Turn on to a plate to cool. Roll out the pastry thinly, cut rounds, and line deep patty tins (not too small). Also cut rounds for the tops of the patties. Place portion of the mince into each prepared tin. Damp the edge of the pastry with cold water. Put on the top, press the edges well together. Brush over with beaten egg. Bake in a hot oven till the pastry is risen, set and browned, about 15 minutes.

BACON AND EGG PIE

INGREDIENTS

Short crust
 Rashers of bacon, fine cut

Eggs

Method.—Line an enamel plate, or shallow fireproof dish, with short crust. On this place a layer of bacon, and, if possible, make the pieces radiate from the centre. In this way, each helping has a more equal proportion of fat and lean. Break several eggs carefully on to the bacon, keeping the yolks whole. The number of eggs depends on the size of the pie. Season with pepper and salt. Add a covering of short crust, pinching the edges well together. Bake in a moderately hot oven at first, lowering the temperature when the pastry is cooked. It will take about 1 hour altogether.

EGG PIES

INGREDIENTS

Short crust or puff paste
Hard-boiled eggs
Egg yolk for glazing

Tomato sauce
Salt, pepper

Method.—Roll out the paste $\frac{1}{4}$ inch thick, and cut it into small rounds with a sharp cutter, about 2 inches in diameter. Cut the eggs in half across. Coat them with tomato sauce and sprinkle with pepper and salt. Place the prepared half-egg on a round of pastry. Damp the edge, and place another round on top. Press the edges together and flute the edge with the fingers. Glaze with egg yolk, and bake in a hot oven till the pastry is cooked and browned. Serve hot or cold.

CHEESE RINGS

INGREDIENTS

$\frac{1}{2}$ lb. flour
3 oz. butter
4 oz. lard or good beef dripping

6 oz. grated cheese
Salt, cayenne
Egg yolk and milk for glazing

Method.—Sift the flour, with a pinch of salt, into a bowl. Rub in the butter with the finger-tips, and mix with water to a stiff dough. Roll out thinly in a square shape, keeping the edges even, and turn the pastry on to the other side. Flake the lard into thin pieces, and cover the pastry with it, pressing it lightly on. Fold the pastry, two sides to the centre, and then, taking the other edges, fold in three. Turn with the folds to the sides, and roll out in an oblong, still keeping the edges even. Turn the pastry over, and sprinkle half of it with one-third of the cheese (which should not be too dry). Shake a little salt and cayenne over. Damp the edges, and fold the other half of the pastry over. Press lightly together, turn with the fold to the side, and roll again in an oblong shape. Sprinkle with cheese as before (using another third of the cheese), and continue, as directed, till all the cheese is used. Then roll the pastry out thinly and stamp into rounds. With a smaller cutter stamp out the centres of the rounds. Place on a baking sheet, brush them over lightly with beaten egg yolk and milk mixed, and bake in a moderately-hot oven till browned, from 7 to 10 minutes. The centres of the rings, although small, are equally delicious.

KIDNEY ROLLS

INGREDIENTS

$\frac{1}{2}$ lb. puff paste
3 sheep's kidney
1 dessertspoon butter
2 eggs

1 tablespoon tomato sauce
Salt, cayenne
Egg yolk and milk for glazing

Method.—Skin the kidneys, split them, and remove the centre fat and fibrous part. Chop them finely, mix in the tomato sauce, and a good seasoning of salt and cayenne. Melt the butter in a small saucepan. Add the prepared kidney, and cook gently for about 15 minutes. Beat the eggs, add to the kidney, and cook till the mixture is thick and firm. Allow to cool. Roll the paste out thinly, and cut in long strips, about $2\frac{1}{2}$ inches wide, tidying off rough edges. Place kidney mixture along the centre of each strip. Fold one edge just over the filling, *not* up to the other edge. Then damp both edges, and fold the roll over again, so that the join is now neatly tucked away underneath. Glaze with egg yolk, beaten with a little milk. Cut with a sharp knife in 3-inch lengths, and bake on a greased slide, in a hot oven (lower the temperature when the rolls are put in the oven), from 10 to 15 minutes. Serve hot. These quantities will make approximately 2 dozen rolls.

CHEESE PUFFS

INGREDIENTS

$\frac{1}{2}$ lb. puff paste
1 tablespoon butter
2 small eggs

2 large tablespoons finely-grated cheese
Salt, cayenne

Method.—These are made in exactly the same way as kidney rolls, but they are cut in shorter lengths. Put the butter, cheese, and a seasoning of salt and cayenne into a saucepan, and stir till melted. Add the beaten eggs, and cook till thick, but do not allow to boil. Cool and use in the same way as the kidney filling. Cut in $1\frac{1}{4}$ -inch lengths. You should get from $1\frac{1}{2}$ to 2 dozen puffs with these quantities.

EGG AND BACON ROLLS

INGREDIENTS

Flaky pastry
3 eggs

$\frac{1}{2}$ lb. bacon
1 teaspoon finely-chopped parsley

Method.—Remove the rind and chop the bacon finely. Put into a small saucepan without extra fat, and cook till done—not brown and crisp. Pour off the liquid fat, and drain the bacon on clean paper, changing it several times. Beat eggs, and pour into the same saucepan. Season with pepper, add parsley, and scramble the mixture. Remove from the fire, while the eggs are still fairly moist, add bacon, and mix well. The addition of a little French mustard is an improvement. Filling for rolls of this description should be well seasoned, for when cooked in the pastry it loses some of the flavor.

MUSHROOM PATTIES

INGREDIENTS

Puff paste	1 tablespoon butter
<i>For the filling :</i>	Flour, milk, pepper, salt
$\frac{1}{2}$ lb. mushrooms	

Method.—Roll the pastry out about $\frac{1}{4}$ inch thick for the patties. Take a sharp, round cutter, about 2 inches in diameter. Dip into boiling water, and cut the required number of patties; place on a slide, previously wet with cold water. To cut out the centres, take a small cutter about 1 inch in diameter, dip in boiling water, and cut half-way through the centre of each piece of pastry. Glaze lightly with yolk of egg, being careful not to glaze over the edges. Bake in a hot oven, lowering the gas to half-on, from 15 to 20 minutes. With the small cutter stamp out the required number of tops and cook on a separate tray from 10 to 15 minutes. Glaze, and return to the oven for a few minutes. Take a sharp knife, while the patties are hot, and remove the centres and allow the patties to cool in a warm place. When cold, fill with the mushroom mixture.

Clean and peel the mushrooms and chop them up roughly. Season well and fry in the butter, gently, till tender. Allow them to cook thoroughly, as under-done mushrooms are indigestible. Strain the buttery liquid from the mushrooms, measure it, and to every tablespoon allow 1 rounded tablespoon flour and 1 cup milk. Return the butter to the saucepan, blend with the flour, and add enough milk to form a thick sauce. Cook for a few minutes, stirring well to prevent burning. The sauce should be thick enough to hang on the spoon. Add the mushrooms and mix well. Fill the patty cases with the mixture. Place the tops on, and return the patties to the oven till thoroughly heated through.

CHEESE MACARONI TART

INGREDIENTS

$\frac{1}{2}$ lb. puff paste	1 dessertspoon butter
3 oz. macaroni	3 tablespoons cheese
1 cup milk	Salt, pepper
1 heaped dessertspoon flour	

Method.—Cook the macaroni in plenty of boiling salted water for 20 minutes. Drain, add the milk, and stir in the flour, previously blended with a little cold water. Cook till the mixture boils and thickens. Add the butter, salt, and pepper to taste, and most of the cheese, reserving a small quantity to shake over at the last. Line a

fireproof plate with the pastry, leaving enough all round to fold in for a double edge. Damp the edge before folding it in, then flute it between the thumb and fingers. Prick the bottom well all over with a fork, and bake the case in a hot oven till browned. Pour in the macaroni, sprinkle over the remaining cheese. Bake in a good oven till browned.

SAUSAGE ROLLS

INGREDIENTS

Flaky pastry

Sausage meat

Method.—Roll the paste in long thin strips about 3 inches wide. Place the sausage meat along the strip of pastry. Damp one edge with cold water, and fold the pastry over the filling. Press edges firmly together. Mark the rolls with a fork, brush with egg yolk, and cut with a sharp knife into required lengths. Bake in a hot oven on a baking sheet (previously wet with cold water) for about $\frac{1}{4}$ hour.

LENTIL ROLLS

INGREDIENTS

1 lb. puff paste or short crust
 $\frac{1}{4}$ lb. cooked lentils
 2 oz. breadcrumbs
 3 oz. mashed potato
 Egg yolk for glazing
 1 oz. butter, melted

1 dessertspoon tomato sauce
 1 teaspoon finely-chopped parsley
 $\frac{1}{4}$ parboiled onion, chopped fine
 1 beaten egg
 Salt, pepper

Method.—Roll out the pastry in a long strip. Mix all the other ingredients together, and place the mixture along the centre of the pastry. Damp the edges, fold over, and press together. Glaze with egg, cut in convenient lengths as for sausage rolls. Bake on a wet baking sheet, in a hot oven, with the temperature lowered slightly when the rolls are put in till the pastry is risen, set, and browned.

SPAGHETTI PIES

INGREDIENTS

Pastry
 $\frac{1}{4}$ lb. spaghetti
 1 dessertspoon butter

2 tablespoons tomato sauce
 Grated cheese
 Pepper, salt

Method.—Put the spaghetti in plenty of boiling salted water, and boil for 20 minutes. Drain, add tomato sauce, butter, pepper, salt,

and mix well. Line patty tins with pastry. Fill with the spaghetti mixture, and sprinkle freely with grated cheese. Cover with pastry, making sure the edges are well sealed. Bake in a hot oven for about $\frac{1}{4}$ hour. A brushing of egg yolk, before the pies are cooked, improves their appearance.

FLAT CHERRY PIE

INGREDIENTS

Short crust
1 $\frac{1}{2}$ lb. stewing cherries

Sugar
Water

Method.—Stew the cherries with sugar and a small quantity of cold water till tender. Allow to become cold. Roll out the pastry. Take a deep enamel plate or ovenproof pie plate, and cut a round for the top of the pie slightly larger than the plate. Place it aside. From the remaining pastry cut a strip (or two strips if easier) to place on the ledge of the plate. The width of the strip must be gauged by the depth of the plate plus the width of the ledge. Wet the rim, press the strip lightly on, and also press it into position inside the plate. Fill the plate with cherries, piling them up slightly toward the centre; add only a little juice, wet the pastry border, and place the top on. Press together round the edge, and cut off superfluous pastry. Glaze with a mixture of equal quantities of sugar and water mixed. Prick all over the top, and bake in a good oven, from 20 to 25 minutes, till the pastry is risen and set. Serve hot or cold as preferred, and with custard, or clotted cream.

GROUND-RICE TARTS

INGREDIENTS

Puff paste or short crust
2 oz. sugar
2 oz. butter
2 oz. ground rice

Apricot jam
Grated nutmeg
An egg

Method.—Stamp out the required number of rounds, and line patty tins with the pastry. Put a teaspoon of apricot jam in each. Beat the butter and sugar to a cream. Add the egg, beat thoroughly, and add the ground rice and a little grated nutmeg. Cover the jam with a teaspoon of the mixture, and bake in a fairly hot oven till set, from 10 to 15 minutes.

BAKED JAM ROLL**INGREDIENTS**

1 lb. flour	1 teaspoon baking powder
5 oz. dripping	Jam, water
5 oz. butter	Pinch salt

Method.—Sift flour, salt, and baking powder into a bowl. Rub in the dripping and butter with the finger-tips, and mix with enough cold water to form firm dough. Roll out on a lightly-floured board, keeping the edges even, in an oblong twice as long as it is broad. Spread not too sparingly with jam. Roll up, and wet the last edge to make it stick. Turn in and close up the ends, and bake on a greased dish or slide, in a good oven, till browned and well cooked through—about 30 minutes.

RAINBOW TART**INGREDIENTS**

$\frac{1}{2}$ lb. puff paste or short crust	Raspberry or dark sweet plum jam
Grapefruit or lemon marmalade	

Method.—Reserve a small portion of the paste for strips. Roll the remainder in a round to fit a fireproof or enamel plate. Roll it 2 inches larger in diameter than the plate. Trim it neatly and fold over the overlapping piece, to make a firm edge. Press between the finger and thumb to give a fluted effect. Roll out the extra pastry, and cut strips long enough to stretch across the tart. Twist the strips, and place them across, dividing the tart into segments. Using a teaspoon, fill the segments alternately with grapefruit and raspberry jam. Bake in a hot oven, from 20 to 30 minutes. When serving the tart, cut each portion so that it includes both jams.

MINCE TART**INGREDIENTS**

1 lb. puff paste or short crust	2 tablespoons sugar
2 apples	1 tablespoon chopped candied peel
2 tablespoons currants	1 teaspoon ground allspice
2 tablespoons sultanas	Juice 1 lemon

Method.—Peel, core, and cut the apples into small dice. Mix with the other ingredients. Line a pie plate with pastry. Add the mince, and cover with pastry. Bake in a hot oven till the pastry is set. Lower the temperature after, and cook from 30 to 45 minutes altogether. Shake castor sugar over before serving.

RHUBARB AND RAISIN PIE

INGREDIENTS

Short crust	1 egg
1 cup chopped seeded raisins	1 dessertspoon butter
1 large cup rhubarb chopped small	Juice 1 lemon
1 teacup sugar	

Method.—Cream the butter. Add sugar and egg, beat very well. Add lemon juice, raisins, and rhubarb. Mix all thoroughly. Line a tart plate with pastry. Fill with the mixture and put a covering of pastry over this. Bake in a hot oven till the pastry is set. Lower the temperature, and cook for $\frac{1}{2}$ hour longer.

EMPRESS PUDDING

INGREDIENTS

1 lb. puff paste	3 eggs
$\frac{1}{2}$ lb. rice	Jam
2 oz. butter	Milk—about 3 cups

Method.—Boil the rice gently in milk till soft, using as much milk as the rice will absorb. When quite soft, add the butter, and cook for a few minutes longer. Allow it to cool a little, and stir in the well-beaten eggs. Line a dish with puff paste. Put in a layer of rice, then a thin layer of jam, more rice, and so on, till the dish is full, with rice for the last layer. Bake in a moderate oven, from $\frac{3}{4}$ to 1 hour.

MUSHROOM TART

INGREDIENTS

$\frac{1}{2}$ lb. puff paste	1 good tablespoon butter
2 tablespoons cream	2 eggs
1 lb. mushrooms	Salt, pepper

Method.—Prepare the mushrooms and fry in the butter from 15 to 20 minutes. Line a fireproof tart plate with the pastry, fluting the edge between the fingers and thumb. Beat the eggs. Reserve a very small portion for glazing, and pour the rest into the prepared dish. When the mushrooms are cooked, stir in the cream and a good seasoning of salt and pepper. Pour this mixture over the eggs. Place thin twists of pastry across the tart, glaze with egg, and bake in a hot oven till the pastry is risen and set.

APPLE AMBER

INGREDIENTS

$\frac{1}{2}$ lb. puff paste	3 dessertspoons butter
2 rounded tablespoons fresh bread-crumbs	Glacé cherries
1 cup milk	4 tablespoons sugar
$\frac{1}{2}$ lemon	2 eggs
	4 tablespoons apple purée

Method.—Pare the rind thinly from half a lemon and put into a saucepan with the milk. Bring to the boil. Remove the rind, and pour the milk over the breadcrumbs. Cream the butter and 2 tablespoons sugar. Add the yolks of eggs and beat well. Add the apple purée, juice of $\frac{1}{2}$ lemon, and the milk, and mix all well together. Pour into a buttered piedish. Ornament the edges of the dish with fancifully-cut pieces of pastry (this may be omitted if preferred), and bake till the amber is set. Whip the egg whites to a stiff froth. Add 2 tablespoons sugar, and beat again. Cover the pie with this meringue, decorate with glacé cherries, and return to the oven till browned.

MINCE PIES

INGREDIENTS

$\frac{1}{2}$ lb. suet	Pastry
$\frac{1}{2}$ lb. apples	$\frac{1}{2}$ lb. currants
$\frac{1}{2}$ lb. stoned raisins	$\frac{1}{2}$ lb. sugar
$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ lb. mixed peel
$\frac{1}{2}$ cup whisky or brandy	1 small lemon

Method.—Pick over the currants and sultanas. Put twice through a coarse mincer, with the raisins, apples, candied peel, and suet. Add the sugar and grated rind and juice of lemon. Mix all thoroughly. Moisten with the brandy, and mix again.

Line deep patty tins with puff paste or short crust. Fill with mince-meat. Cover with a round of paste. Bake in a hot oven till pastry is risen and set.

CHOCOLATE RAISIN PIE

INGREDIENTS

Short crust	1 cup seeded raisins
2 eggs	1 tablespoon cocoa
2 tablespoons sugar	1 tablespoon cornflour
2 cups milk	Vanilla essence

Method.—Warm the milk. Pour a little on to the cornflour, mixed with the cocoa and sugar, enough to blend smoothly. Bring

the remainder of the milk to the boil, add the cornflour mixture, and cook for a few minutes. Remove from the fire, beat the yolks of eggs, and add, with the raisins and vanilla. Line a shallow fireproof or enamel plate with short crust. Pour in the mixture, and bake, in a moderate oven, for about 20 minutes. Whip the whites to a stiff froth, add 1 tablespoon sugar, and beat again. Pile on top, and return to the oven to brown.

LEMON-CHEESE CAKES

INGREDIENTS

Puff paste	2 lemons
3 eggs	6 oz. sugar
3 oz. butter	

Method.—Beat up 2 whole eggs and 1 yolk. Put them into the top half of a double saucepan with the sugar, butter, and strained juice and grated rind of lemons. Stir, over boiling water, till the mixture thickens, but on no account must it boil or it will curdle. Allow to cool. Roll out the pastry and stamp out fluted rounds to fit your patty pans. Put a little of the lemon mixture into each. Ornament with thin strips of twisted pastry, and bake in a hot oven till the pastry is set, about 15 minutes.

MACARONI PUDDING

INGREDIENTS

Puff paste	Ground cinnamon
3 oz. macaroni	Butter
Milk, water	Marmalade
2 tablespoons sugar	3 eggs
Vanilla essence	1½ cups milk

Method.—Boil the macaroni in milk and water till tender. Line a piedish with pastry. Spread on it half the macaroni, then a layer of marmalade, and add the rest of the macaroni. Beat the eggs. Add 1½ cups milk, sugar, and essence. Pour this custard over the contents of the dish. Sprinkle with cinnamon. Place 2 or 3 small lumps of butter on top, and bake in the oven for about 1 hour.

GERMAN APPLE TART

INGREDIENTS

Short crust	½ cup sultanas
1 lb. cooking apples	Sugar

Divide the paste into two portions, roll out. Line an enamel plate with paste. Add the apples (if they are too liquid drain away some of the juice). Cover with paste, pinch the edges together, and bake in a good oven. Sift castor sugar over before serving.

APPLE DUMPLINGS

INGREDIENTS

6 cooking apples
8 oz. flour
5 oz. dripping
 $\frac{1}{2}$ teaspoon baking powder

Water to mix
Ground cloves
3 tablespoons sugar
Milk for glazing

Method.—Sift the flour and baking powder together into a bowl. Rub in the dripping lightly, and mix with enough water to make a firm dough. Place on a lightly-floured board. Knead slightly, and roll out thinly. Stamp out 6 large rounds, and 6 smaller caps, the latter with a fluted cutter. Peel and core the apples, removing every particle of core. One bit of hard seed casing will spoil a whole apple. Place an apple on each large round of pastry. Fill the centres with sugar. Shake over a little ground cloves. Mould the pastry over the sides of the apples, pressing it gently with the hands, but do not stretch it. It should reach almost to the tops of the apples. Damp all this top edge and press the caps in position gently. Make them adhere firmly. Brush over with milk. Place on a buttered slide. Put into a hot oven, lower the temperature, and cook more moderately from $\frac{1}{2}$ to 1 hour—according to the size and kind of apple—till the apples are soft. Too fast an oven will tend to burst the dumplings, but a hot oven is necessary at first to make the pastry rise. Test the apples with a small skewer to make sure they are cooked through. Run it in close to the cap, where the hole won't be seen, and where it will not allow the juice to escape.

BAKED LEMON PUDDING

INGREDIENTS

$\frac{1}{2}$ lb. puff paste
4 oz. butter
1 lemon

4 oz. sugar
4 eggs

Method.—Roll out the paste and line a pie plate or shallow piedish. Beat the eggs to a froth. Add the sugar, juice, and grated rind of the lemon, and the butter melted. Mix well together and pour into the prepared dish. Bake in a moderate oven for 30 minutes.

BANANA TART

INGREDIENTS

1 lb. short crust
4 or 5 bananas
3 oz. soft breadcrumbs

1 lb. golden syrup
2 bare teaspoons ground cinnamon
Grated rind 1 lemon

Method.—Peel and mash 2 or 3 bananas, enough to make $\frac{1}{2}$ cup of pulp. Heat the golden syrup in a saucepan. Add the spice, lemon rind, and breadcrumbs. Remove from the fire, stir in the banana pulp, and allow to cool. Roll out the paste, and line a rather shallow oblong tin with sloping sides. If the tin has a flat rim, line it with pastry also, and mark with a fork. If, however, there is no flat edge to the tin, the edge of the lining pastry may be doubled over after the filling is in. Slice a banana; spread it over the pastry in the bottom, and pour in the filling. Cut strips from the remaining pastry. Being careful not to stretch them, place an edge round the tart if necessary, first marking it with a fork. Now place strips across each way, forming small squares. Bake in a hot oven till the pastry is risen and browned. Lower the temperature slightly, and cook altogether from 20 to 30 minutes. Cut a banana in thin slices, and place a slice in each square just before serving.

ALMOND PUDDING

INGREDIENTS

$\frac{1}{2}$ lb. puff paste
2 eggs
2 oz. almonds
4 oz. butter
4 oz. sugar
3 oz. flour

1 teaspoon baking powder
2 oz. ground rice
Apricot jam
Milk for glazing
Castor sugar

Method.—Roll out the pastry. Damp the rim of a piedish. Place a wide strip of paste on it, extending half-way down inside the dish. Cut out small rounds with a fluted cutter, and from them cut moon and oval shapes. Damp the pastry rim, and press these shapes gently on all round the dish. Spread a layer of apricot jam in the bottom of the dish. Blanch the almonds, and cut each into 3 or 4 strips. Beat the butter and sugar to a cream. Add the eggs one at a time, beating each well in. Sift the flour with the ground rice and baking powder, and add to the mixture. Stir in half the almonds, and turn the mixture into the prepared dish. Sprinkle the remaining almonds and a little castor sugar on top. Brush the pastry over with milk, and bake in a hot oven till the pastry is risen and set. Then lower the temperature, and finish cooking the pudding, about 30 minutes altogether.

APPLE TURNOVERS

INGREDIENTS

$\frac{1}{2}$ lb. puff paste	Water
1 lb. apples	Equal quantities sugar and water, for
4 oz. sugar	glazing
1 oz. sultanas	Castor sugar
Pinch ground cloves and cinnamon	

Method.—Peel, core, and slice the apples. Place in a saucepan with the sugar, cleaned sultanas, cloves, and cinnamon. Cover with water. Cover the pan closely and simmer gently till tender. Allow to become cold, and drain off any superfluous juice. Roll out the paste thinly, and cut into 4- or 5-inch squares. Place a spoonful of apple on each. Wet two edges of each square. Fold the paste over cornerwise, press the edges securely together, and flute between the finger and thumb. Brush over with sugar and water, and bake on a greased slide, in a hot oven, for 5 minutes. Lower the temperature slightly, and continue cooking till the pastry is risen, set, and browned, from 20 to 30 minutes. Dust with castor sugar before serving.

CRUMB TART

INGREDIENTS

$\frac{1}{2}$ lb. short crust	1 oz. sugar
5 oz. stale cake	1 egg
$1\frac{1}{2}$ oz. butter	Apricot jam

Method.—Madeira cake, or its equivalent, is the best, but sponge cake will answer quite well. Rub the cake through a wire sieve. Beat the butter and sugar to a cream, add the egg, and beat well in. Then add the cakecrumbs. Roll out the pastry, and line a sandwich tin, sides and bottom. Flute the top edge, put in a layer of apricot jam, then turn in the cake mixture. Cut strips of pastry, brush with milk, and place them across the tart. Bake in a hot oven till the mixture is set, about 30 minutes.

JAM PUFFS

INGREDIENTS

$\frac{1}{2}$ lb. puff paste	Milk for glazing
Any stiffish jam preferred	

Method.—Roll out the paste thinly, and cut in squares. Place a spoonful of jam in each. Damp two edges of each square. Fold the paste over cornerwise, press the edges together, and place the puffs on

a greased slide. Brush over with milk, place in a hot oven, lower the temperature, and cook moderately till the pastry is set and browned, from 10 to 20 minutes. Serve with castor sugar dusted over.

BAKED APPLE ROLL

INGREDIENTS

1 lb. cooking apples	Sugar
8 oz. flour	Ground allspice
3 oz. butter	1 pint boiling water
3 oz. dripping (or all dripping)	Extra butter

Method.—Peel, core, and quarter the apples, and cut in slices. Sift the flour into a basin, add the shortening, and rub it into the flour with the finger-tips. Mix with enough cold water to form a softish dough. Roll out into a strip, twice as long as it is broad (but not broader than the length of the piedish). Strew the paste thickly with apple. Add a generous supply of sugar, shake a little allspice over, and roll up the paste. Shut up the ends, and place the roll in a buttered piedish. Pour the boiling water over, and add a few dots of butter. Bake at once in a moderate oven, from 1 to 1½ hours, lowering the gas after 30 minutes' cooking.

CINNAMON TART

INGREDIENTS

6 oz. flour	1 teaspoon mixed spice
½ teaspoon baking powder	1 egg
4 oz. butter or dripping	Raspberry jam
2 tablespoons sugar	Milk for glazing
2 teaspoons cinnamon	

Method.—Sift the flour and baking powder, rub in the butter lightly. Add the sugar, cinnamon, and spice; mix well. Beat the egg and add to the other ingredients, working it well with the hands till a rollable dough is formed. Divide the paste into two, and roll out to fit a sandwich tin. Line the tin with 1 round of pastry, spread with raspberry jam. Cover with the remaining pastry, brush with milk, and bake in a moderately hot oven, from 20 to 30 minutes.

CREAM AND JAM FINGERS

INGREDIENTS

Rough puff paste	Jam (any sweet and reasonably stiff variety)
Cream (whipped and sweetened)	
Egg yolk for glazing	



Method.—A small quantity of pastry will make a number of these cakes. Roll the pastry out thinly in a shape suitable for cutting into lengths of 2 to 2½ inches and an inch wide. Place the fingers on a greased slide, glaze lightly with egg yolk, and bake in a hot oven at first. Lower the temperature slightly after a few minutes, without opening the oven door. Bake till the pastry is risen and set, from 15 to 20 minutes. When cold, split open carefully, put a good smear of jam on the bottom half, cover thickly with whipped cream, and replace the top.

DATE TART

INGREDIENTS

Short crust
½ lb. stoned dates
½ pint water
5 rounded teaspoons flour

1 dessertspoon sugar
2 tablespoons chopped walnuts
Juice 1 small lemon
1 gill cream whipped and sweetened

Method.—Roll out the pastry and line a fireproof tart plate, trimming the pastry evenly. Prick the bottom of the tart well with a fork, and bake in a moderately-hot oven till browned and set, from 15 to 20 minutes. Put the dates through the mincer. Place them in a saucepan with half the water, and stir over a gentle heat till the mixture is mushy. Blend the flour and sugar with the remaining water, and add to the date mixture. Stir well, bring to the boil, and cook for 2 or 3 minutes. Add the strained lemon juice and chopped walnuts, and allow to become cold. Turn into the prepared pastry case and decorate with piped cream.

LEMON MERINGUE TART

INGREDIENTS

Short crust
2 oz. butter
8 oz. sugar

2 eggs (whites and yolks separated)
2 lemons
1 heaped dessertspoon cornflour

Method.—Roll out the paste and line a tart plate. Do not cut close up to the plate, when cutting away superfluous paste, but leave enough all round to fold over and form a double edge. Flute between the finger and thumb, prick the bottom well with a fork, and bake in a moderately-hot oven till browned and set, from 15 to 20 minutes. Allow to become cold.

Meanwhile, place the butter, 4 oz. sugar, and half the water in a saucepan, and bring to the boil. Blend the cornflour with the remaining water, add to the boiling mixture, and stir till it thickens and boils. Cool slightly, add the beaten yolks, mix well, and stir in the strained

juice of the lemons. When the mixture is quite cold, fill the pastry case, whip the whites to a stiff froth. Add the remaining sugar and beat well till smooth and stiff. Cover the lemon mixture with the meringue, twirling it round with a spoon to form a lumpy surface. Place in a moderate oven, lower the temperature to a minimum, and bake for about 1 hour till the meringue is crisp and pale fawn in color.

MINCEMEAT WHEELS

INGREDIENTS

For the pastry :

$\frac{1}{2}$ lb. flour
4 oz. butter
2 oz. sugar

1 teaspoon baking powder
1 egg yolk
Water

For the mincemeat :

1 cooking apple
2 tablespoons sultanas
2 tablespoons seeded raisins
2 tablespoons currants
2 tablespoons sugar

2 oz. suet
Juice $\frac{1}{2}$ lemon
Grate of nutmeg
Pinch of allspice

Method.—Peel and core the apple, and pick over the currants and sultanas. Put them through the mincer with the raisins and suet. Mix all well together. Add the sugar and spices, moisten with the lemon juice, and mix well again.

For the pastry, sift the flour and baking powder into a bowl. Rub in the butter with the finger-tips, add the sugar, and mix. Stir 2 tablespoons water into the egg yolk. Add this to the dry ingredients, and form all into a stiff paste. (More water may be added if necessary.) Roll out in an oblong, about $\frac{1}{4}$ inch thick, keeping the edges even. Turn the pastry over, trim the edges. Spread with the mincemeat, leaving an inch at the top edge without mincemeat. Roll the pastry, and damp the plain edge to make the roll stay in position. Cut the roll in slices, about $\frac{1}{2}$ inch thick, and place on a thoroughly-greased baking sheet, not too close together, as they swell in cooking. Bake in a hot oven (with the temperature lowered on putting them in) for about 15 minutes. They need careful watching, as the fruit burns easily.

ORANGE AND RAISIN TARTS

INGREDIENTS

Short crust
2 oz. seeded raisins
 $1\frac{1}{2}$ level dessertspoons flour

1 oz. desiccated coconut
1 dessertspoon sugar
1 orange

Method.—Stamp out the required number of rounds, and line patty tins with the pastry. Mix the sugar and flour with the grated rind of the orange. Add the juice of the orange, and mix all to a smooth paste. Add the coconut and raisins, which should be cut up small. Put the mixture into the prepared patty tins, and bake in a moderately-hot oven till the pastry is set, about 15 minutes.

MULBERRY PIE

INGREDIENTS

1 lb. mulberries

3 oz. sugar

For the crust :

6 tablespoons S R. flour

2 teaspoons sugar

2 tablespoons dripping

Water

Method.—Pick over the mulberries, and place them in a saucepan with the sugar, over a gentle heat, to extract the juice. Pour the fruit and juice into a shallow piedish. To make the crust, press the sugar into the dripping, then rub the dripping into the flour. With a little water, mix into a very stiff dough. Do not roll the dough. Press it out with the fingers, and place it over the fruit. It should have a slightly-rough look on the surface. Bake in a hot oven, till the crust is cooked and browned. To be eaten hot.

JELLY TARTLETS

INGREDIENTS

Strawberries or other berry fruits

$\frac{1}{2}$ teaspoon baking powder

1 packet red jelly

3 oz. butter

$\frac{1}{2}$ lb. flour

3 oz. dripping

Water

Method.—Sift the flour and baking powder into a bowl, rub in the butter and dripping with the finger-tips, and mix with water to a firm dough. Roll out, cut into rounds, and line the required number of deep patty tins. Prick the base of each tartlet with a fork to prevent the pastry puffing up. Bake in a hot oven till browned. Place aside till cold, and put a few hulled and cleaned strawberries in each case. Prepare the jelly as directed on the packet, and, when cold, and slightly thick, pour over the fruit, and place aside till set.

QUINCE CUSTARD PIE

INGREDIENTS

Short crust	2 tablespoons melted butter
1½ lb. quinces	½ lemon
Water	½ teaspoon ground cinnamon
2 eggs	6 tablespoons sugar
½ cup milk	

Method.—Wipe the quinces, and without peeling them cut in quarters. Remove the seeds, and place the fruit in a saucepan with water to cover. Cook slowly till the fruit is tender. Strain off the juice and pass the fruit through a sieve. Take 1 cupful of this purée, add to it the butter, cinnamon, and a good squeeze of lemon juice. Pour into a tart plate, previously lined with short crust. Bake in a good oven from 10 to 15 minutes. Separate the eggs and beat the yolks. Heat the milk, add to the yolks with 1 tablespoon sugar, and pour over the quince mixture. Return to the oven, and bake slowly till the custard is set. Whip the egg whites till stiff. Add the sugar in two portions, beating well between each lot till the meringue is very stiff. Pile on top of the custard, and bake in a slow oven till crisp and pale fawn. Allow to become cold, and serve with cream if possible.

RASPBERRY AND RED-CURRENT PIE

INGREDIENTS

Short crust	1 box red currants
2 boxes raspberries	½ lb. sugar

Method.—Pick over the fruit. Place in a saucepan with the sugar (more may be needed if the fruit is tart). Put in a warm place on the stove, or over a very low heat with an asbestos mat. This draws the juice from the fruit. Taste it, and add more sugar if necessary. When done, turn into a piedish. Cover with short crust, and bake in a hot oven. Served hot or cold, a dusting of soft sugar improves the appearance.

MULBERRY MERINGUE

INGREDIENTS

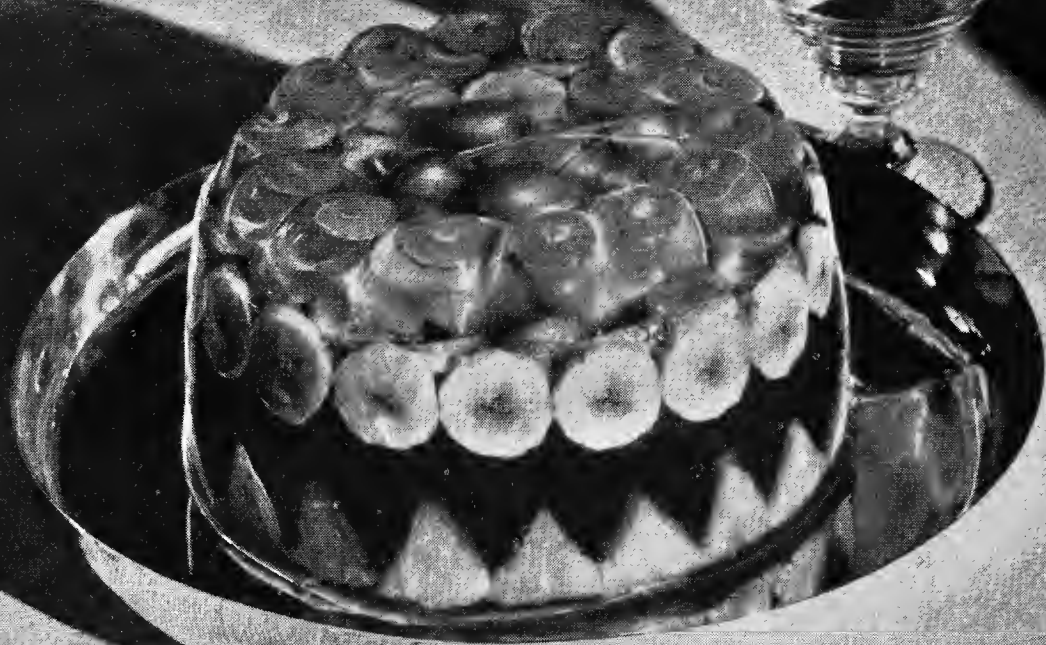
1 lb. mulberries	1 dessertspoon butter
6 oz. sugar	2 tablespoons flour
2 eggs	Short crust
Water	

Method.—Pick over the mulberries and retain seven or eight for decoration. Roll out the short crust. Take a pie plate and cut a round slightly larger than the dish requires. Fold in the edge towards the centre, flute it with the finger and thumb to make a firmer and more decorative edge. Prick the base all over with a fork, and bake in a hot oven till the pastry is set, and lightly browned. Allow to cool. Meanwhile, place the mulberries and 4 oz. sugar in a saucepan. Bruise the fruit slightly, and place the saucepan over a gentle heat for the juice to flow freely. Blend the flour with a little cold water, and stir it into the mulberries. Add the butter, bring to the boil, and cook for 2 minutes, stirring all the time. Allow to cool slightly. Separate the yolks from the whites of eggs, beat the yolks, and add to the mulberries. Reheat without boiling, and turn the mixture into the pastry case. Whisk the whites to a stiff froth, add the remaining 2 oz. sugar, and beat well. Heap the meringue on top of the fruit, and cook in a slow oven, till crisp and lightly colored. Allow to get quite cold, and garnish with mulberries.



Homely onions, stuffed with a mixture including chopped almonds, make an appetising dish. (See recipe for Stuffed Onions on page 92.)

Ribbon macedoine—triangles of pineapple at the base, and rows of other fruit at the top of vari-colored jelly. (See page 166.)



ICE *and* FROZEN PUDDINGS

An illustration at the top of the page shows various frozen desserts. On the left, there is a glass of ice cream with a cherry on top and a spoon. In the center, a rectangular frozen pudding sits on a plate with fruit. On the right, a round frozen pudding is also on a plate with fruit. The text 'ICE and FROZEN PUDDINGS' is written in a stylized font across the top, with 'and' in italics.

MANY delicious desserts can be made with the help of an ice-cream freezer.

Allow 1 part of freezing salt to 3 parts of ice, and pack as tightly as possible.

Break the ice into small pieces. Use a strong darning-needle or steel knitting-needle placed near the edge of the block and tap lightly with a hammer. The ice-cream mixture *must* be cold when put into the freezer. Fill the freezer only two-thirds full, as the ice-cream expands during freezing.

The usual ice-cream mixture is a rich custard made with fresh eggs, whole milk, and sugar. To a pint of milk use 3 or 4 eggs, or, better still, 5 egg yolks and 2 or 3 whites, and at least 1 cup of sugar. The freezing takes the sweetness out of the custard, so do not be sparing with the sugar. Make the custard in the ordinary way by beating eggs and sugar together. Then add milk, and if you can spare a little cream, even a tablespoonful added is a great improvement. With half-cream and half-milk you will get a wonderful result. The custard for ice-cream can be frozen either cooked or uncooked. If you are short of time freeze it uncooked. Remember that the mixture must be cold when it goes into the freezer.

Flavorings are many and various. Plain vanilla is always popular. For this add vanilla essence to custard mixture. Here are some other suggestions. Quantities given here are for 1½ pints of custard, and will make enough for a 1-quart freezer.

Pineapple : Add a cup of shredded pineapple to the custard. (A small tin of crushed pineapple is excellent.)

Passionfruit : Add the contents of 1 dozen juicy passionfruit.

Chocolate : Melt 4 oz. sweetened chocolate in some of the milk and add to the custard.

Strawberry : Add 1 cup crushed strawberries and a dozen or so whole berries.

Chopped crystallised cherries and nuts added to vanilla custard make a nice ice-cream.

PEACH MELBA

There are many versions of this celebrated sweet. This is the most used one. Halve and peel the peaches, which must be the finest procurable. Poach them in a sugar and water syrup, flavored with vanilla. On no account must they break. Lift them carefully from the syrup when cooked soft, and drain well. Chill in the ice-chest. Preserved peaches may be used. Drain them well and chill thoroughly. Place a half peach in each individual sweets dish, and fill with vanilla ice-cream. Pour round each half a little ice-cold raspberry syrup and serve at once.

STRAWBERRY CREAM ICE

INGREDIENTS

1 pint milk
1 gill cream
2 eggs
4 oz. sugar

1 lb. sieved strawberries
2 oz. sugar
Cochineal

Method.—Heat the milk in a pan, and beat eggs and sugar together thoroughly. When the milk is hot, not boiling, pour it on the eggs and sugar, stirring rapidly. Return the liquid to the pan. Stir over a gentle heat continuously until the custard coats the back of the spoon. Stir occasionally. When cool fold in the lightly-beaten cream. While this is becoming cold, rub the strawberries through a sieve. Add 2 oz. sugar, and stir the purée into the custard. Add cochineal to improve the color. Freeze for 20 minutes. Serve topped with cream and fresh strawberries.

CARAMEL ICE PUDDING

INGREDIENTS

6 eggs, yolks
2 whites

Caramel
1 teacup of whipped cream

Method.—Make some caramel by boiling a cup of sugar with $\frac{1}{2}$ cup water and the juice of $\frac{1}{2}$ small lemon. Pour half of it when done on to a small tin to harden. Into the remaining half pour a small cup of boiling water to form a sauce.

To make the pudding, take the yolks of eggs and the whites. Whisk them in a basin over boiling water till warm. Then remove from the boiling water and continue whisking till cold. Add the whipped cream. Mix well together, and pack into a mould. Put in freezer for about 2 hours. When frozen, scoop out the centre, fill with the crushed hard caramel, replace the scooped-out cream. Turn out of the mould, and serve with the cold caramel sauce and wafers.

CANTALOUPE ICE

Nothing is nicer to serve for a dinner party dessert than cantaloupe ice. Choose small cantaloupes and put on ice. Make a vanilla ice-cream in the freezer. Cut the cantaloupes in half, and scoop out the seeds and liquid. Fill up the halves with ice-cream and send to table on crystal plates, a half to each person.

FRUIT ICES

A nice dessert can be made by freezing a tin of fruit. Open the tin of fruit (peaches are particularly good frozen) and put into the freezer. This will take longer to freeze than ice-cream, so allow 5 or 6 hours. Turn out when frozen and cut into slices.

FRUIT SUNDAES

These are simple to make and are excellent served at a bridge party. It is better to use vanilla ice-cream, for the sundaes are so rich in themselves that the ice-cream should be as plain as possible.

Small crystal sweets dishes are the best for sundaes. Put a spoonful of ice-cream in each, moulding it into a symmetrical shape. Now surround the ice with plenty of crushed or diced fresh fruit, preferably juicy, such as pineapple, passionfruit, peach, orange, or cherries. Strawberries or raspberries make delicious sundaes. When using these berries it is a good idea to add a squeeze of lemon juice to prevent the flavor being too sweet and sickly. When you have put in the fruit cover the top with whipped cream and sprinkle with chopped nuts, or coconut. Top with a crystallised cherry or berry.

Have everything to hand before you begin the making and work as quickly as possible. Do not attempt to make too many at once, or the ice-cream will melt before the sundaes are served.

WATER ICES

Water ices are particularly nice, and are best made with fruit juices. They are exceedingly simple to prepare. For orange- or lemon-water ices prepare a mixture as for a drink, adding double sugar quantities to that in an ordinary lemon or orange squash.

Other fruit flavors are obtained by stewing the fruit and using the purée diluted with water. Thus for gooseberry water ice, stew 1 lb. gooseberries till pulped and strain the purée through a fine sieve. Make the liquid up to 1 quart with water and see that it is sufficiently sweet-

ened. It will need about $1\frac{1}{2}$ cups sugar. Freeze in the usual way. Pineapple, peach, cherry, apricot, or plum water ice can be made similarly.

The liquid from stewed fruit can be used for water ices, and the fruit left intact and used for a pudding.

ICED CHOCOLATE PUDDING

INGREDIENTS

6 oz. sugar
4 gills milk
2 teaspoons vanilla
 $1\frac{1}{2}$ oz. cornflour

2 squares unsweetened chocolate
(melted)
 $1\frac{1}{2}$ gills cream, stiffly whisked
Cold milk

Method.—Blend the cornflour with a little of the cold milk. Heat the remainder, add the blended cornflour, and boil for 10 minutes, stirring continuously. Add the chocolate and leave to cool. Add the vanilla and fold in the cream. Pour the mixture into a mould, freeze it, and let it stand for 3 or 4 hours. Decorate with whipped cream and serve.

ICED PINEAPPLE

Take a large tin of sliced pineapple. Pack it into a freezing pail, or any deep pail or basin, in a mixture of chopped ice and freezing salt, using $\frac{1}{2}$ pint salt to every quart of chopped ice.

The pineapple should be left for about 5 hours. The ice and salt must be replenished as the ice melts, and the melted ice should be poured off. Do not remove the pineapple till just before it is needed. Then open it round the side, close to the top. Turn it on to a chilled dish, and decorate with sweetened whipped cream.

Sauvories and Savory Dishes



SAVORIES must at all times be piquant.

When served as the final course of a dinner, they are usually hot and the portions small.

When forming the main item of a luncheon or tea menu, prepare and serve them on more generous lines.

Sauvories, both hot and cold, are popular for teas, cocktail parties, and suppers. They must be just a mouthful or two—not more.

Cheese, shell or salt fish, chicken, ham, vegetables (such as mushrooms, asparagus, celery, and peas), gherkins, olives, capers, mayonnaise, horseradish, cream, chutney—these are only some of the ingredients used in making these delicious morsels.

CHEESE FRITTERS

INGREDIENTS

Remains of puff paste	Salt, cayenne
2 tablespoons cooked macaroni, cut in fine rings	Beaten egg
1 tablespoon finely-grated cheese	Breadcrumbs
1 tablespoon thick cream	Extra cheese, finely grated

Method.—Roll out the paste. Sprinkle with a little cheese, fold over, and roll out again, as thinly as possible. Stamp out rounds from $1\frac{1}{2}$ to 2 inches in diameter. Mix the macaroni with 1 tablespoon cheese and the cream. Season well with salt and cayenne. Place a little of this mixture on half of the rounds. Damp the edges, and cover with the remaining rounds, pressing the edges well together. Dip them in beaten egg, coat with breadcrumbs, and fry in boiling fat. Drain on kitchen paper, sprinkle with cheese, salt, and cayenne.

EGG AND ONION TOAST

INGREDIENTS

$\frac{1}{4}$ lb. onion	$\frac{1}{2}$ cup milk
2 hard-boiled eggs	$\frac{1}{2}$ cup onion liquor
1 tablespoon butter	Salt, pepper
Heaped dessertspoon flour	6 pieces hot buttered toast

Method.—Peel the onion. Put into a small saucepan with cold water, bring to the boil, drain. Slice the onion finely. Cover with cold water again, and simmer gently in a covered pan till tender. Drain again, reserving $\frac{1}{2}$ cup of the liquor. Slice the eggs evenly, saving 6 of the best slices. Mash the remaining egg well. Melt the butter, add the flour, blend well. Remove from the fire, and gradually stir in the milk and onion liquor. Return to the fire, and, stirring all the time, bring to the boil. Cook for 2 minutes. Add the onion, eggs, salt, and pepper to taste. Serve on hot buttered toast, and garnish with the slices of egg and parsley sprigs.

TOASTED CHEESE

INGREDIENTS

Slices hot buttered toast
Thin slices cheese

Salt, cayenne

Method.—Place a layer of cheese on the hot toast. Just before it is to be served, place in a moderate oven to melt. Sprinkle salt and cayenne over, and serve at once.

CHEESE SOUFFLÉ (1)

INGREDIENTS

1 oz. butter
1 oz. flour
3 oz. finely-grated cheese

3 eggs (yolks and whites separated)
 $\frac{1}{2}$ cup milk
Salt, cayenne

Method.—Melt the butter in a saucepan. Add the flour, blend well. Add the milk by degrees, stirring all the time. Remove from the fire when it boils. Cool slightly. Add the beaten egg yolks, cheese, salt to taste, and a pinch of cayenne. Whisk the egg whites to a stiff froth. Fold lightly into the mixture. Turn into a buttered piedish, and cook for $\frac{1}{2}$ hour in a moderate oven. Serve at once.

CHEESE SOUFFLÉ (2)

INGREDIENTS

About 2 cups soft breadcrumbs
 $1\frac{1}{2}$ cups milk
3 eggs

1 dessertspoon butter
4 oz. finely-grated cheese
Salt, cayenne

Method.—Half fill a piedish with soft breadcrumbs. Add the cheese, salt, and a pinch of cayenne. Beat the eggs, mix with the milk, and pour into the dish. Dot with the butter and bake, standing in another dish containing water, in a moderate oven for an hour.

PUFTALOONS AND BACON**INGREDIENTS**

1½ cups flour
1½ teaspoons baking powder
Good pinch salt

Milk
Bacon

Method.—Sift the flour with the salt and baking powder into a bowl. Mix with sufficient milk to make a firm dough. Roll out on a lightly-floured board to ¼ inch thick, and stamp out rounds. Fry these slowly in boiling fat in a frying pan, turning once. They will need slow cooking. Drain on kitchen paper, and serve at once with the bacon, which has been fried in a separate pan.

(A good breakfast dish.)

CHICKEN LIVERS

(For cocktail parties, suppers, etc.)

INGREDIENTS

½ lb. rashers streaky bacon (cut in
No. 4)
8 or 10 chicken livers

Cayenne
Butter

Method.—This quantity will make about 2 dozen rolls. Remove the rind from the bacon, and cut each rasher in 3 or 4 pieces—about 4 inches long. Wipe the livers with a damp cloth. Cut each in 2 or 3 pieces, according to their size. Place some liver on each strip of bacon. Add a shake of cayenne. Roll up, and fix with a small kitchen skewer. There are various ways of cooking these delicious little savories. They may be fried with a little butter, grilled on a tin or enamel plate, or cooked in the oven between two plates. When done, remove the skewers. Stick a savory toothpick into each roll, and serve at once.

Minus the toothpicks, these may be served as a dinner savory. Serve 2 to each person.

OLIVE MOUTHFULS

Whip a little cream. Season with salt, pepper, and anchovy sauce. Pile on to small round savory biscuits. Top each with a small stuffed olive.

OYSTER ROLLS

(For cocktail parties, suppers, etc.)

INGREDIENTS

- | | |
|-----------------------------------------------|------------------------|
| ½ lb. rashers streaky bacon (cut in
No. 4) | Cayenne
Lemon juice |
| 2 dozen oysters | |

Method.—Cut the bacon as described in the recipe for Chicken Livers. Proceed in the same way, using a bearded oyster, instead of the liver, on each piece of bacon. Add a squeeze of lemon juice, a shake of cayenne. Roll up, skewer, and cook in a hot oven, between two enamel plates, from 8 to 12 minutes. Serve with a savory toothpick stuck in each roll.

(May be served as a dinner savory. See recipe for Chicken Livers.)

EGG SAUSAGES

INGREDIENTS

- | | |
|----------------------------------------------|--------------------|
| 6 hard-boiled eggs | 1 tablespoon cream |
| 1 oz. butter | Pepper, salt |
| 2 small onions | Egg |
| 1 tablespoon finely-chopped parsley | Breadcrumbs |
| 3 button mushrooms, peeled and
chopped up | |

Method.—Lightly fry the onions (cut up finely) and mushrooms in the butter. Remove from the fire. Add the yolks of the hard eggs, the parsley, cream, and pepper and salt to taste. Pound all well together. Mash the egg whites well, and add them to the mixture. Using a little flour on the hands, roll the mixture into small sausages. Dip in beaten egg, roll in breadcrumbs, and fry in plenty of boiling fat till golden brown. Drain on kitchen paper before serving.

RICE CROQUETTES

INGREDIENTS

- | | |
|-----------------------------------------------|---------------------------------------|
| Stock, chicken broth, or water and
marmite | 1 dessertspoon finely-chopped parsley |
| 1 cup rice | Pepper, salt |
| 3 eggs | Flour |
| 1 teaspoon butter (melted) | Fine dried breadcrumbs |
| Grated rind 1 lemon | Fried bacon |

Method.—If stock or broth is not to hand, weak soup from meat essence will answer the purpose. Bring stock to the boil, pour in the rice, and cook fast for 15 minutes, till it is soft. Drain, and stir in the

butter, parsley, lemon rind, 2 beaten eggs, a seasoning of pepper and salt, a sprinkling of flour. Mix well, and allow to get quite cold and stiff. Flour the hands well, and roll the rice into balls. Flatten slightly, top and bottom. Roll in beaten egg, and then in bread-crumbs. Fry in a small quantity of boiling fat, in a frying pan, turning once, and serve when browned on both sides with fried bacon.

(A good breakfast dish.)

SPAGHETTI EGGS

INGREDIENTS

4 eggs
3 oz. spaghetti
1 tablespoon butter

2 tablespoons tomato sauce
Salt, pepper

Method.—Boil the spaghetti fast in plenty of salted water for 20 minutes. Drain, return to the saucepan. Add the butter, tomato sauce, and a good seasoning of salt and pepper. Mix well, and turn the mixture into individual fireproof cups (three-quarters full, approximately). Press the spaghetti down slightly in the centre. Break in an egg, and bake in a slow moderate oven till the eggs are set.

BOMBAY TOAST

INGREDIENTS

1 tablespoon butter
2 eggs
8 capers
1 teaspoon anchovy sauce

1 teaspoon finely-chopped parsley
Cayenne
Hot buttered toast

Method.—Melt the butter in a saucepan over boiling water. Chop up the capers roughly. Beat the eggs, and add both these with the anchovy, parsley, and cayenne to the butter. Stir till the mixture begins to set, then spread on pieces of hot buttered toast and serve.

ANCHOVY TOAST

INGREDIENTS

6 anchovies
1 small onion
1 oz. butter (bare)
1 egg yolk

1 teaspoon finely-chopped parsley
Cayenne
Hot buttered toast

Method.—Wash and bone the anchovies, and chop them up roughly. Melt the butter in a small saucepan. Add the onion, peeled, and sliced. thinly, and fry till lightly browned. Add the anchovies, parsley, and beaten egg yolk. Season with cayenne, and stir over the fire till the mixture thickens. It must not boil. Pour on to neat pieces of hot buttered toast, serve at once.

BIRDS' NESTS

INGREDIENTS

Small triangles of stale bread
Anchovy paste or sauce
Shredded coconut

Butter
Salt, cayenne

Method.—Fry the bread in plenty of boiling fat, turning once, till browned on both sides. Drain on kitchen paper. Spread with anchovy, and place in the oven to keep hot. Meanwhile, melt some butter in a pan. Drop in the coconut, and fry very slowly (it burns readily), turning frequently, till golden. Drain on kitchen paper, dust with salt and cayenne. Place a small pile on each prepared croûton, and serve at once.

(May also be served cold at cocktail parties.)

RICE BALLS

(For cocktail parties)

INGREDIENTS

1 tablespoon rice
¼ cup tomato, skinned and chopped up
2 oz. finely-grated cheese
1 oz. butter

1 oz. flour
1 egg
Salt, pepper
Fine dried breadcrumbs

Method.—Boil the rice till tender, in plenty of salted water. Melt the butter in a saucepan. Add the flour, and blend well. Stir in the tomatoes, and bring to the boil. Remove from the fire. Stir in the drained rice, cheese, and a good seasoning of salt and pepper. Mix well, and turn on to a plate. Spread it out evenly, and allow it to become cold and firm. Divide the mixture into small portions. Roll into balls, dip in beaten egg, and roll in fine crumbs. Place them in a frying basket, not too many at a time, and fry in deep, boiling fat till golden brown. Drain on kitchen paper, serve with a savory toothpick in each, either hot or cold.

HAM BALLS**INGREDIENTS**

½ cup soft breadcrumbs
 1 cup minced ham
 1 cup milk
 1 egg yolk

1 whole egg
 1 tablespoon finely-chopped parsley
 Cayenne
 Dried breadcrumbs

Method.—Pour the milk into a saucepan. Bring to the boil. Add the soft breadcrumbs, and stir till thick. Mix the parsley and beaten egg yolk with the ham. Add to the milk and crumbs. Mix all thoroughly. Turn on to a plate till cold. Take small portions, roll into balls, dip in beaten egg, then roll in fine breadcrumbs, and fry in plenty of boiling fat (using a basket, if possible) till golden brown. Drain on kitchen paper, and serve.

CURRY TOAST**INGREDIENTS**

3 tablespoons boiled rice
 1 dessert- to 1 tablespoon curry powder
 (according to taste)
 1 onion

2 tomatoes
 1 oz. butter
 Hot buttered toast
 Salt

Method.—Boil the rice in plenty of salted water from 12 to 15 minutes, till soft. Drain it in a colander. Run cold water over it, and shake well. Peel and chop the onion finely, and fry lightly in the butter. Add the curry powder, and stir till blended. Add the skinned tomatoes, chopped small, and cook for 5 minutes. Add the rice and salt to taste, and stir till thoroughly heated through. Serve on squares of hot buttered toast.

KIDNEYS ON TOAST**INGREDIENTS**

2 sheep's kidneys
 1 tablespoon tomato sauce
 1 tablespoon butter

2 eggs
 Salt, pepper
 Hot buttered toast

Method.—Chop the kidneys finely, after removing the skins and centre stringy parts. Season with salt and pepper, and mix with the tomato sauce. Melt the butter in a small saucepan. Add the kidney mixture, and cook gently for about 20 minutes, stirring occasionally. Stir in the well-beaten eggs, and cook slowly till the mixture thickens. Serve on slices of hot buttered toast.

FRENCH ASPARAGUS

INGREDIENTS

1 bundle asparagus
1 small onion
1 egg

Butter
Bread
Salt, pepper

Method.—Prepare and boil the asparagus till soft. Peel and boil the onion separately till soft. Meanwhile, cut slices of stale bread, $\frac{1}{4}$ inch thick. Stamp out small rounds, about $1\frac{1}{2}$ inches in diameter. Fry these in deep boiling fat, till golden brown. Drain on kitchen paper, and keep hot till required. When the asparagus and onion are cooked, drain; chop the onion finely. Chop the tender parts of the asparagus, and mix together in a saucepan with the butter. Season with salt and pepper, and heat thoroughly. Stir in the well-beaten egg, heat, but do not boil again. Serve at once on the croûtons of fried bread.

KIDNEY TOAST

INGREDIENTS

4 kidneys
2 slices bread from a square loaf

Butter
Salt, pepper

Method.—Skin the kidneys. Cut them open and remove the centre stringy part. Sprinkle them with salt and pepper. Cut the crusts from the bread, and each slice in half. Toast these oblongs on one side only. Then butter the untoasted side, and place them buttered side up in the pan under the grilling rack. On the rack, place the kidneys so that they are directly over the pieces of bread. Grill them, turning once, till tender, and serve on the toast, which will have caught any juices from the kidneys.

CHEESE PUFFS

INGREDIENTS

$\frac{1}{2}$ pint water
1 cup flour
1 teaspoon baking powder
1 dessertspoon butter

2 tablespoons finely-grated cheese
3 eggs
Salt, cayenne

Method.—Put the butter and water in a saucepan. Bring to the boil. Add the flour sifted with the baking powder. Stir over the fire, till the mixture leaves the sides of the saucepan. Remove to cool for

10 minutes. Beat the eggs in thoroughly, one at a time. Add cheese, salt, and cayenne. Drop small spoonfuls of the mixture into deep boiling fat, and cook till browned. Drain on kitchen paper, and serve.

CHEESE CANAPES

INGREDIENTS

1½ slices stale bread	Mustard
6 teaspoons finely-grated cheese	Salt
Butter	

Method.—Cut the crusts from the slices of bread (the usual thickness for toast), and cut into 6 small squares. Butter them well on one side. Sprinkle with salt and mustard, and pile 1 teaspoon of cheese on each. Bake in a hot oven till lightly browned and crisp.

DEVILLED SHRIMPS

INGREDIENTS

Shrimps	Cayenne
Flour	Salt

Method.—Remove the heads, tails, and shell from the fish. Reserve some of the best heads for garnishing. Roll the shrimps in a floured cloth, till thoroughly covered. Shake off the superfluous flour. Place them in a frying basket, not too many at a time. Plunge them into plenty of boiling fat, and, when crisp, turn on to crumpled paper. Sprinkle with salt and cayenne. Serve at once piled up on a dish or individual dishes if preferred. Garnish with the heads.

SAVORY EGGS

INGREDIENTS

4 hard-boiled eggs	2 small sweet gherkins
1 tin sild (small)	1 teaspoon butter
Squeeze lemon juice	Hot buttered toast
Dash cayenne	

Method.—Cut the eggs in half across. Remove yolks, and mash them with the sild (free from oil and bone), butter, lemon juice, cayenne, and gherkins finely chopped. Remove the tip from each half egg white, so that they will stand firmly. Fill each with the mixture, and pile it up well. Heat in the oven, between two plates, and place each half on a round of hot buttered toast.

PARSLEY EGGS

INGREDIENTS

Eggs
Finely-chopped parsley

Pepper, salt

Method.—Butter the required number of dariole moulds thoroughly. Sprinkle freely with parsley, sides and bottom. Break an egg into each mould, season with pepper and salt. Steam gently—covered with a sheet of buttered paper—in a saucepan, with boiling water half-way up the sides of the moulds. From 2 to 3 minutes is the time allowed for cooking. They will need careful watching, as they set quickly. When done, loosen round the sides with a knife, and turn on to squares of hot buttered toast.

CHEESE AIGRETTES

INGREDIENTS

$\frac{1}{2}$ pint water
4 oz. flour
1 oz. butter
2 eggs

2 oz. grated cheese
Salt, cayenne, mustard
Squeeze lemon juice

Method.—Sift the flour with a pinch of salt, cayenne, and mustard. Put the water and butter into a saucepan. Bring to the boil, and add the seasoned flour all at once. Quickly stir the mixture until it leaves the sides of the saucepan in one lump. Stir in the cheese. Add the yolks of eggs, one at a time, beating them well in. Whip the whites to a stiff froth, and fold them lightly into the mixture. Have ready a saucepan with boiling fat. Take teaspoonfuls of the mixture and fry till golden brown. Drain on kitchen paper, sprinkle with a little grated cheese, and serve at once garnished with sprigs of parsley.

TOASTED SALMON ROLLS

INGREDIENTS

A fresh sandwich loaf—2 lb.
Small tin salmon
Pepper, salt

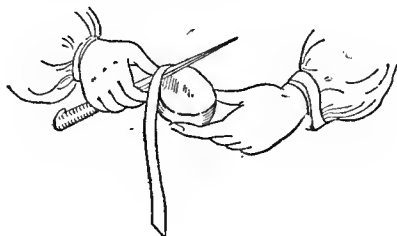
Butter
Mayonnaise

Method.—Free the salmon from skin and bone, and drain all the liquid from it. Season with pepper and a little salt. Mix with about 1 dessertspoon good thick mayonnaise. Work all well together till of a spreadable consistency. Take a long breadsaw or knife, and cut off the entire crust from one side of a fresh sandwich loaf. Cut thin

slices from this decrusted part, buttering them before cutting. Spread each slice with the salmon mixture. Cut off the crusts, and roll from end to end. With a sharp knife, cut the roll into slices, about half an inch thick; pass a toothpick through each roll to keep in position. Toast these rolls lightly on both sides, and serve at once.

POTATO RIBBONS

To make potato ribbons, cut potato in slices about $\frac{1}{8}$ inch thick. Take a slice, and with a small sharp knife peel slowly round and round. Cut the ribbon so thin that the knife may be seen through it.



Make the ribbon as long as possible. Keep the ribbons lying on a cloth until it is time to cook them. The drier they are the more easily they will fry. Some may be tied into bows and knots. Fry in deep fat until golden brown.

INDIAN TOAST

INGREDIENTS

2 egg yolks
1 oz. butter
2 teaspoons anchovy sauce

2 tablespoons milk
Pinch cayenne
Squares of fried bread

Method.—Put all ingredients (except the bread) in a small saucepan. Stir over a gentle heat till the mixture thickens. It must not boil. Have ready and hot the squares of fried bread. Dip each in the mixture, cover the pieces well, and serve at once.

INDIAN SARDINES

INGREDIENTS

1 tin sardines
1 shallot
1 dessertspoon curry powder

1 teaspoon flour
Stock or water
Rice or macaroni

Method.—Fry the shallot, finely cut, in the oil from the sardines until it is yellow. Drain off the oil. Add the curry powder and the flour to the shallot. Fry for 2 or 3 minutes. Add about $\frac{1}{4}$ cup stock or water, and boil for a few minutes. Have ready some cooked rice or macaroni, and make a flat round mould of it. Place the sardines on this, tail to the centre, like the spokes of a wheel. Pour the sauce over the sardines, and make hot in the oven.

SARDINE SAVORIES

INGREDIENTS

1 small tin sild	Barely $\frac{1}{2}$ pint boiling water
1 $\frac{1}{2}$ oz. butter	Dash cayenne
1 teaspoon anchovy sauce	Squeeze lemon juice
1 teaspoon Worcester sauce	Bread
1 dessertspoon flour	

Method.—Fry small rounds of bread in deep boiling fat till golden brown. Drain on paper and keep hot. Mash the sild—free from oil and bone—with the butter. Spread on the croûtons. Mix all the other ingredients together. Simmer for about 5 minutes. Pour over the prepared croûtons and serve at once.

ANGELS ON HORSEBACK

INGREDIENTS

12 oysters	Anchovy sauce or paste
12 strips of finely-cut bacon	Bread
Finely-chopped parsley	Lemon juice, cayenne


Method.—Place an oyster on each strip of bacon, which should measure, roughly, 6 inches by 1 $\frac{1}{2}$ inches. Add a squeeze of lemon juice and a dash of cayenne to each oyster. Roll up in the bacon. Skewer them to keep in position. Cook in a hot oven, with gas turned down, between two enamel plates, till the bacon seems done, from 5 to 10 minutes.

While the rolls are cooking, cut out 12 rounds of bread, about the size of half a crown, and $\frac{1}{2}$ inch thick. Fry these in plenty of boiling fat till golden brown. Drain on kitchen paper. Spread one side with anchovy. Remove the skewers from the rolls. Place one roll on each croûton. Sprinkle with chopped parsley and serve.

OLIVE CUSTARDS

INGREDIENTS

1 oz. finely-grated cheese	Bread
1 tablespoon cream	Anchovy paste or sauce
1 egg	Stuffed olives



Meringue cake is served
filled with fruit and cream.
(See page 155.)

Pineapple delight, which
tastes as good as it sounds.
(See page 157.)

Glory cake, a delicious mixture of
preserved peaches, cream, and sponge
cake. (See page 148.)

Raspberry cream is de-
corated with ratafias. (See
page 152.)

Head and shoulders of this dainty lady are of china. The rest is pink icing and cake. Blue icing forget-me-nots are scattered between the skirt ruchings and on the bonnet. Twenty-one pink candles are set in rose petals of icing, which make also the letters of the birthday wish. The foundation cake may be made from Christmas cake mixture, or the Madeira cake recipe may be used with increased quantities.



Method.—Fry small rounds of bread, $\frac{1}{2}$ inch thick, in deep boiling fat till golden brown. Drain on paper. Spread one side with anchovy, and keep hot in the oven till needed. Put the cream, cheese, and beaten egg into a saucepan and stir over the fire till the mixture thickens. Put a little on each prepared croûton. Place an olive on top. Return to the oven for a few minutes.

ASPARAGUS EGGS

INGREDIENTS

1 large tin asparagus	2 oz. butter
6 eggs	2 heaped dessertspoons flour
1 cup milk	Salt, pepper
4 tablespoons grated cheese	

Method.—Drain the liquid from the asparagus and reserve 1 cupful. Place the asparagus in a piedish, distributing it as evenly as possible. Melt the butter in a saucepan. Add the flour and blend well with a wooden spoon. Remove from the fire. Mix the milk with the liquid and add this by degrees to the blended flour and butter. When all is added, return to the fire and stir over a gentle heat till boiling. Cook for a minute. Remove, add the cheese, and salt and pepper to taste. Pour over the asparagus, smoothing it off to keep as even a surface as possible. Break the eggs in on top of this, keeping the yolks whole. Bake in a good oven till the eggs are set. Serve at once.

Fresh asparagus may be used in place of the tinned variety, in which case it should be prepared and cooked till tender in the usual way. All milk would then be used for the sauce, in place of half milk and half liquid from the asparagus.

CRAB TOAST

(A good breakfast dish)

INGREDIENTS

1 tin crabmeat	1 hard-boiled egg
1 oz. flour	1 mustardspoon French or ordinary
1 oz. butter	prepared mustard
1 cup milk	Pepper and salt

Method.—Add all the egg, the mustard and crabmeat, drained and broken up. Mix and heat all thoroughly through. Pile on buttered toast and serve.

SARDINE BOATS

INGREDIENTS

12 boat cases	Lemon juice
1 small tin sild	Cayenne
Sixpennyworth cream	Salt
1 dessertspoon grated cheese	Finely-cut parsley
1 hard-boiled egg	Paprika
$\frac{1}{2}$ teaspoon butter	6 stuffed olives

Method.—Mash the sild, butter, a squeeze of lemon juice and dash of cayenne well together. Add the finely-chopped egg whites. Fill the boats with this mixture, and level it off smoothly. If you have any mayonnaise, smear each filling with this. Otherwise cheese cream will do. Beat the cream till almost stiff (the cheese will thicken it). Add a pinch of cayenne, salt to taste, and the grated cheese. Sprinkle parsley over the smear of mayonnaise. Put a small heap of cream in the centre of the boat, from side to side, and smooth it off with a knife. Decorate on either side of the cream with finely-mashed egg yolk. Surmount with half a stuffed olive.

CHEESE SOUMES

INGREDIENTS

1 slice of bread (from a sandwich loaf)	2 oz. grated cheese
$\frac{3}{4}$ cup milk	2 eggs
1 oz. butter	Pepper, salt

Method.—Boil the crumb from the slice of bread (about $\frac{1}{2}$ inch thick) in the milk. Cool a little. Add the butter, cheese, pepper, and salt to taste, and beaten yolks of eggs. Mix well together, beat egg whites to a firm froth, and add to the mixture. Bake in individual fire-proof dishes, in a moderately-hot oven, for about 15 minutes. Serve at once.

CHEESE CUSTARDS

INGREDIENTS

1 pint milk	$\frac{1}{2}$ cup finely-grated cheese
2 eggs	Salt, pepper
Butter	

Method.—Beat the eggs and cheese with salt and pepper to taste, bring the milk almost to boiling-point, and add to the eggs and cheese. Pour into individual casseroles or scallop shells. Put a small dot of butter on each and bake in a slow oven till set. They may be served hot or cold.

CURRIED SCRAMBLE

(A good breakfast dish)

INGREDIENTS

6 eggs	Salt
1 tablespoon butter	1 dessertspoon finely-chopped parsley
1 teaspoon curry powder	Hot buttered toast

Method.—Melt the butter. Add the curry powder and mix well. Beat the eggs and add them with salt to taste. Allow to cook slowly, stirring the mixture up from the bottom of the pan continually. Remove from the fire as soon as the mixture becomes thick and set and before it is at all dry. Pile on buttered toast, and serve at once with parsley sprinkled over.

EGGS WITH CHEESE SAUCE**INGREDIENTS**

4 hard-boiled eggs	1 cup milk
1 oz. butter	3 large tablespoons finely-grated cheese
1 oz. flour	Salt, pepper

Method.—Cut each egg in half across. Place them cut side up in a buttered fireproof or other piedish. Melt the butter in a saucepan. Add the flour and blend well; remove from the fire. Add the milk by degrees, stirring all the time. Return to the fire, and stir over a gentle heat till the sauce boils. Add salt and pepper to taste and most of the cheese. Pour this sauce over the eggs. Sprinkle over the remainder of the cheese. Bake in a good oven for about 10 or 15 minutes, till the top is browned and the eggs are heated through.

CHEESE EGGS**INGREDIENTS**

4 eggs	1 tablespoon finely-chopped parsley
3 tablespoons grated cheese	Salt, pepper
$\frac{1}{2}$ pint cream, whipped	

Method.—Butter a shallow fireproof dish well. Put in half the cheese. Break the eggs carefully over this. Add pepper and salt, and the remainder of the cheese evenly spread over. Pile the cream on top, sprinkle with parsley, and bake in a hot oven for 15 minutes.

PRUDENCE SAVORIES

(For cocktail parties, etc.)

INGREDIENTS

2 hard-boiled eggs

10 rounds stale bread, about 1½ inches across

For the purée :

1 hard-boiled egg yolk

4 anchovies

1 oz. butter

Squeeze lemon juice

Pinch cayenne

Green coloring

Method.—To make the purée, bone and drain the anchovies. Pound and mash them thoroughly in a bowl. Press the egg yolk through a sieve and add it to the anchovies. Mix thoroughly together. Add the butter, lemon juice, and cayenne, and mash together till smooth. Add coloring, a little at a time, till you get the desired shade of pale green. Pass the purée through a hair or other fine sieve. Place in a cool place to harden up. Fry the rounds of bread in deep boiling fat till crisp and brown. They should be turned to cook both sides evenly. Drain on several kitchen papers, and allow to get cold. Spread one side of each croûton fairly thickly with anchovy purée. Slice the hard-boiled eggs evenly. Place a slice on each prepared croûton (setting aside those with little or no yolk in them). Press it on gently, and then, with a fancy tube, force a small flower-like portion in the centre of each yolk.

CHICKEN AND HAM PUFFS

INGREDIENTS

2 oz. flour

5 tablespoons water

2 oz. butter

2 eggs

For the filling :

4 tablespoons cold minced chicken

2 tablespoons minced ham

1 tablespoon cream

Salt, pepper

1 oz. butter

¾ cup milk

1 heaped dessertspoon flour

Method.—To make the puffs put the butter and water into a saucepan and bring to the boil. Remove from the fire, add the flour quickly, stir well. Return to the fire, and, stirring and beating all the time, cook for a minute, till the mixture leaves the sides of the saucepan. Remove from the fire again, allow to cool a little, and add one-third of the eggs (previously well beaten), beating the mixture well. Add more egg, beat again, repeating the process till the egg is all incorporated. Put teaspoonfuls of the mixture on a buttered slide, and bake in a fairly

hot oven, lowering the temperature after 10 minutes. Do not open the oven door for 20 minutes, and the puffs should be cooked in from 20 to 30 minutes.

While they are cooking, make the filling.

Melt the butter in a saucepan, remove from the fire, add the flour, and blend well, using a wooden spoon. Add the milk by degrees, stirring well all the time. Return to the fire and stir till the mixture thickens. Cook for 3 minutes. Allow to cool slightly, stir in the cream, add the chicken and ham, and season with salt and pepper to taste. When the puffs and the filling are cold, slit the puffs along one side, fill with the chicken mixture, and close together again.

ASPARAGUS FINGERS

These delicious savories are made with the same ingredients as used for the chicken and ham puffs (omitting, of course, the chicken, ham, etc.), and including, for the filling, asparagus tips and a good mayonnaise. Force the mixture through a small plain pipe on to a greased slide, in narrow strips, about $2\frac{1}{2}$ to 3 inches long. If you have no forcing bag, the mixture may be spread with a knife. Bake as directed for the chicken and ham puffs, and, when cold, slit open and place inside a length of asparagus, thinly coated with mayonnaise.

TOASTED MUSHROOM ROLLS

(For cocktail parties, etc.)

INGREDIENTS

Fresh bread
Butter

Mushrooms
Pepper, salt

Method.—Peel the mushrooms. Fry them in butter till tender. Mash them up slightly, and sprinkle freely with salt and a little pepper. Drain off any superfluous liquid. Cut thin slices of well-buttered bread from a fresh sandwich loaf; remove the crusts. Spread each slice with mushroom, going up to the edge on three sides, and leaving half an inch unspread on the fourth side. Roll the bread towards this side, and, keeping it undermost, press the roll well together (so that it will not burst open when toasting). Cut each roll in two, and toast, with a good fire, on the top side only. Serve at once.

HORSERADISH CREAMS

(For cocktail parties, etc.)

INGREDIENTS

- | | |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| 1 tablespoon fresh horseradish finely
grated, or 1 teaspoon dried horse-
radish prepared as directed | 1 large teaspoon gelatine
Pinch salt and mustard |
| 1 gill cream | Small water or cheese biscuits |
| 1 heaped teaspoon castor sugar | Green coloring |
| 1 dessertspoon vinegar | Capers |

Method.—Whip the cream stiffly with the sugar, salt, and mustard. Mix in the horseradish, and a drop or two of green coloring. Slowly stir in the vinegar. Dissolve the gelatine in a little warm water. Add to the cream, mix well, and allow to stand. Heap a small portion of the cream on each biscuit, and decorate with capers.

MACARONI CHEESE**INGREDIENTS**

- | | |
|---------------------------------|----------------------|
| $\frac{1}{2}$ lb. macaroni | 2 tablespoons butter |
| 2 pints milk | 2 tablespoons flour |
| $\frac{1}{2}$ lb. grated cheese | |

Method.—Boil the macaroni in plenty of boiling salted water for 20 minutes. Drain off the water, add milk, and cook in a double saucepan for $\frac{1}{2}$ hour longer. Thicken with the flour, blended with a little cold water, and stir in the butter, and most of the cheese. Turn into a greased piedish. Shake the remainder of the cheese over, and bake in a quick oven till browned.

CHEESE POTATOES**INGREDIENTS**

- | | |
|----------------------------------------------|----------------------------------------|
| 3 or 4 large potatoes | $\frac{1}{2}$ cup warm milk |
| 4 heaped tablespoons finely-grated
cheese | 1 dessertspoon butter
Salt, cayenne |

Method.—Wash the potatoes. Place them on a baking sheet. Bake in their jackets in a moderate oven till they seem done when tested with a skewer. Cut a piece out of each potato, leaving the cases unbroken. Scoop out the centre, place this in a bowl. Add the butter, milk, and cheese, season with salt and a pinch of cayenne. Beat the mixture well and fill the cases. Bake in a good oven till the filling has risen and is browned. Serve at once.

RICE AU GRATIN**INGREDIENTS**

6 oz. rice	1 oz. butter
1 large cup milk	Salt, pepper
1 heaped dessertspoon flour	Breadcrumbs
1 oz. finely-grated cheese	Extra butter

Method.—Boil the rice in plenty of salted water from 12 to 15 minutes, till soft. Add to the sauce made as follows: Melt the butter, remove from the fire; add the flour, blend well; add the milk by degrees, stirring all the time; return to the fire, and, still stirring, boil for 2 minutes.

Add salt and pepper to taste, and turn the whole into a piedish. Shake the cheese on top. Cover lightly with breadcrumbs. Dot freely with butter, and bake in a quick oven till browned.

RICE AND EGGS**INGREDIENTS**

2 cups cooked rice	1 tablespoon dried breadcrumbs
1 tablespoon butter	4 or 5 eggs
2 tablespoons tomato sauce	Salt, pepper
1 tablespoon finely-grated cheese	Extra butter

Method.—Melt the butter in a saucepan. Add the rice, tomato sauce, and a seasoning of salt and pepper. Butter a piedish, pour in the mixture. Smooth over on top, and carefully break in the eggs, keeping the yolks whole. Sprinkle the cheese and breadcrumbs over. Dot with butter, and bake in a moderate oven, from 20 to 30 minutes.

HAM AND EGG SAVORIES

(For cocktail parties, etc.)

INGREDIENTS

$\frac{1}{2}$ lb. ham	French mustard
2 hard-boiled eggs	Finely-chopped parsley

Method.—When buying the ham, see that it is sliced very finely, and that the slices are as large and whole as possible. Scrappy pieces will not serve the purpose. Cut strips of ham, with lean and fat in each strip, about 1 inch wide and 4 to 5 inches long. Mince some trimmings from these strips, finely. Mash the yolks of eggs. Add to the minced ham, with a pinch of cayenne, $\frac{1}{2}$ teaspoon finely-chopped

parsley, and just enough French mustard to make the mixture bind well together. Form into little sausages, no longer than the width of the strips of ham. Place each sausage on a strip of ham and roll up, secure with a toothpick. Sprinkle with finely-chopped parsley, and set each in a small paper case.

SHRIMP CREAMS

(For cocktail parties, etc.)

INGREDIENTS

Fresh brown bread
Shrimps
Cream

Salt, cayenne
Gelatine

Method.—Remove the heads and tails from the shrimps. Peel the bodies, and chop them up. Whip the cream, with a pinch of cayenne and salt and a little gelatine, till quite firm. Add the chopped shrimps and mix well. Cut slices of bread $\frac{1}{4}$ inch thick, butter them. Stamp out rounds with a cutter (about 1 inch to $1\frac{1}{2}$ inches in diameter). Pile the mixture on each round.

DEVILLED TOMATOES

INGREDIENTS

4 medium-sized tomatoes
1 teaspoon sugar
3 tablespoons butter
1 teaspoon mustard
 $\frac{1}{2}$ teaspoon salt

Pinch cayenne
2 tablespoons vinegar
1 raw egg
1 hard-boiled egg yolk

Method.—Skin the tomatoes and cut them in halves. Place in a piedish with 1 tablespoon butter, and cook gently in the oven from 20 to 25 minutes. Meanwhile, make the devil sauce. Cream 2 tablespoons butter with the sugar, add mustard, salt, cayenne, and the hard-boiled egg yolk pressed through a sieve. Mix all well together. Heat the vinegar, add it, then the raw egg well beaten. Mix thoroughly. Stand the basin over a saucepan with boiling water, and continue stirring till the mixture is thick and creamy. Place the cooked tomatoes on a hot dish, mask them with the sauce, and serve at once.

WELSH RAREBIT

INGREDIENTS

3 oz. finely-grated cheese
1 oz. butter
Salt, pepper

2 tablespoons milk
1 egg

Method.—Put the cheese, butter, milk, salt, and pepper into a saucepan, stir over the fire till the mixture is smooth and well blended. Beat up the egg, and stir it into the mixture. Cook slightly, but do not allow it to boil. Serve on squares of hot buttered toast.

ASPARAGUS LOGS

INGREDIENTS

1 small tin asparagus tips	$\frac{1}{2}$ oz. finely-grated cheese
1 level dessertspoon flour	Salt, cayenne
2 tablespoons asparagus liquor	$\frac{1}{2}$ oz. butter
2 tablespoons milk	Strips hot buttered toast

Method.—Keep aside some of the best asparagus tips, 3 for each strip of toast, and chop up the remainder. Melt the butter in a saucepan. Add the flour, blend well, and add the milk and asparagus liquor gradually, stirring all the time, till the mixture boils. Cook for 2 minutes. Add the chopped asparagus, cheese, a pinch of cayenne, and salt to taste. Heat thoroughly. Spread neatly over the hot buttered toast, and place 3 tips, previously heated in the remaining liquor, on each.

CHEESE AND CAPER WAFERS

INGREDIENTS

Small water biscuits (Saloon Cabin, Thin Captain, or the like)	1 dessertspoon cheese (finely grated)
1 gill cream	Cayenne, salt, granulated gelatine, capers

Method.—Season the cream well with salt and cayenne. Add 1 small teaspoon gelatine. Beat till the cream thickens. Mix the cheese well in (do not beat it). Chop a dozen capers, and add to the mixture. Pile on water biscuits, and decorate with one or two whole capers.

CELERY FINGERS

INGREDIENTS

Celery hearts	Finely-grated cheese
Cream	Gelatine
Finely-chopped walnuts	Salt, pepper

Method.—Wash the celery well. Choose the most concave pieces, dry and cut them into 3-inch lengths. Fill each piece with cheese mixture, following the recipe for cheese and caper wafers, and substituting walnuts for capers.

ASPARAGUS ROLLS

INGREDIENTS

Fresh bread (white or brown)
Butter

Small tin asparagus tips
Mayonnaise

Method.—Cut slices of buttered bread as thinly as possible. Cut off the crusts. Allow the asparagus tips to rest on a sieve or strainer for some time before they are needed, to get rid of any superfluous liquid. Coat the required number of tips thinly with mayonnaise. Place one tip on each slice of bread, and roll the bread round it. A judicious sprinkling of parsley, very finely cut, improves the appearance of the rolls.

DEVILLED ALMOND ROLLS

INGREDIENTS

2 oz. Jordan almonds
Salt, cayenne

1 oz. butter
Bread and butter

Method.—Blanch the almonds by pouring boiling water over them. Allow to stand for 5 minutes, when the skins should rub off easily. Dry the almonds in a cloth. Melt the butter in a small saucepan, and, when it has ceased to bubble, add the dried almonds. Cook gently, shaking the pan now and then, till browned on both sides. Have ready a sheet of kitchen paper sprinkled with table salt and cayenne. Pour the butter off, and place the almonds on the prepared paper, dust over a little more salt and cayenne, and shake the nuts backwards and forwards on the paper. When cold, chop them up finely. Cut thin slices of buttered bread, remove the crusts, sprinkle each slice with the chopped almonds, and roll it up.

CAKES, LARGE AND SMALL



CAKE-MAKING is not difficult, but it calls for common sense and experience. Proper creaming of butter and sugar is important. So is thorough beating of eggs. Castor sugar is a little dearer than the ordinary kind, but it saves time and labor.

A reliable pair of scales is a necessity for cake-making. Always measure ingredients exactly. When measurements are given in cups, always use the same cup for measuring the different ingredients, unless otherwise specified. In this book, unless breakfast or teacup is specified, a cup means the size cup that contains $\frac{1}{2}$ pint water, or $\frac{1}{2}$ lb. sugar.

When making a sponge, never beat the flour into the mixture, but fold it in lightly and gently. Once the rising has been moistened, get the cakes into the oven without delay.

The batter of cakes which are to contain fruit must be stiffer than for plain ones, otherwise the fruit will sink. Some flours absorb more liquid than others, and this is one respect in which experience helps in the mixing of cakes. The batter should not be so thick that it is stodgy, and not so liquid that it flows, but of a consistency somewhere between the two.

The baking of cakes holds pitfalls for the beginner. Here again experience helps. Open the oven door cautiously if necessary, and do not *slam* it shut again. Any sudden rush of cold air is apt to make a cake fall.

It is impossible to give more than approximate times for baking, for the size of the tins, the exact heating of the oven, and so on, differ.

CHOCOLATE GEMS INGREDIENTS

2 oz. butter
2 oz. sugar
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoon baking powder

1 egg
1 teaspoon cocoa
Chocolate icing
Cream

Method.—Cream the butter and sugar. Add egg and beat well. Add flour, sifted with the baking powder and cocoa. Bake in warm

gem irons, well buttered, in a moderate oven. When they are cold, ice the rounded surface with chocolate icing, made with icing sugar, cocoa, and a little hot water well blended. When the icing has set, slit the tops off the cakes. Fill with whipped cream and replace the tops.

NUTTIES

INGREDIENTS

4 oz. butter	$\frac{1}{2}$ teacup chopped dates
3 oz. sugar	$\frac{1}{2}$ teacup chopped walnuts
1 small egg	$\frac{1}{2}$ teaspoon cream of tartar
1 cup flour	$\frac{1}{2}$ teaspoon bicarbonate of soda
1 teaspoon golden syrup	

Method.—Cream the butter and sugar. Add the egg and golden syrup, and beat well. Sift the cream of tartar with the flour. Add and mix well. Add the nuts and dates. Dissolve the soda in a little hot water. Add and beat all well together. Bake in paper cases in a moderate oven for 10 to 15 minutes.

RICE CAKES

INGREDIENTS

4 oz. butter	$\frac{1}{2}$ teaspoon baking powder
4 oz. castor sugar	Vanilla, apricot jam
$2\frac{1}{2}$ oz. flour	Blanched almonds, chopped and
3 eggs	browned
$1\frac{1}{2}$ oz. rice flour	

Method.—Beat the butter to a cream. Add the sugar by degrees, and beat very well. Sift the flours and baking powder together, and divide into three portions. Add 1 egg to the butter and sugar. Beat well. Add one portion of flour and, when well mixed, another egg, more flour, and so on. Add the essence. Give the mixture a final beat, and bake at once in small, greased, patty pans in a quick oven. Pass a small quantity of apricot jam through a sieve. Warm it slightly, and put a thin layer over the tops of the cakes, and sprinkle with the chopped and browned almonds. To brown the almonds, blanch, dry and chop them, and place on a baking sheet in a hot oven for a few minutes, till lightly browned.

QUINCE SHORTCAKE

INGREDIENTS

$\frac{1}{2}$ lb. flour	1 teaspoon baking powder
3 oz. butter	2 oz. sugar
2 oz. dripping	Stewed quinces, cream
1 egg	

Method.—Prepare the quinces in the ordinary way for stewing. Place the quarters in a saucepan, with a generous supply of sugar and water to cover them. Cook very slowly till tender (but not mushy), and till they are of a deep red color. Remove the quarters and place them to drain, on a sieve, till cold and free from juice.

Sift the flour and baking powder into a basin. Rub in the butter and dripping lightly. Add the sugar, mix well. Beat the egg and mix with the dry ingredients into a dough. A little cold water may be added, if the egg is not sufficient. Divide the dough into two portions. Roll each into a round shape. Bake in shallow, greased sandwich tins in a hot oven, lowering the gas when the short cake is put in. Sandwich tins with removable sides are excellent for this recipe. The turning out is easier, and the risk of breaking the cake is minimised. When the cakes are cold, put a layer of quinces on one. Place the other cake on top, pile whipped cream on this, and ornament with a few quince quarters. It is advisable, if possible, to leave the filling and ornamenting till the last minute.

PINEAPPLE CAKES

INGREDIENTS

5 oz. butter	Yokene or similar coloring
7 oz. S.R. flour	Pineapple essence
5 oz. sugar	Icing sugar
3 eggs	Crystallised pineapple

Method.—Beat the butter and sugar to a cream. Stir in the beaten yolks of eggs, the flour, and a little pineapple essence. Beat well. Whisk the egg whites to a stiff froth, and add to the mixture. Bake in greased patty pans in a good oven. Ice when cold, and place a small piece of crystallised pineapple on each cake. For the icing, add a few drops of pineapple essence and one or two drops of Yokene to the icing sugar, and stir in just enough hot water to make the mixture run smoothly.

CINNAMON SANDWICH

INGREDIENTS

4 oz. butter	1 tablespoon ground cinnamon
8 oz. sugar	$\frac{1}{2}$ cup milk
3 eggs	Icing, whipped cream, cinnamon
8 oz. S.R. flour	

Method.—Beat butter and sugar to a cream. Add eggs, and beat all very well. Sift the cinnamon with the flour, and stir well into the

mixture. Add the milk and beat well again. Bake in greased sandwich tins in a moderate oven for 30 to 40 minutes. When cold, fill with whipped cream. Ice with plain white icing. Before the icing sets, dust with cinnamon.

COFFEE CAKE

INGREDIENTS

$\frac{1}{2}$ lb. butter	2 eggs
$\frac{1}{2}$ lb. sugar	Coffee butter icing
5 oz. S.R. flour	Blanched, chopped almonds
1 tablespoon coffee essence	

Method.—Cream the butter and sugar. Add the eggs, and beat for 10 minutes (if a rotary whisk is used, less will do). Stir in the flour and, lastly, add the coffee essence. Bake in a square tin—not too deep—lined with buttered paper, for about 20 minutes. Ice the cake with coffee butter icing. (See Icings.) Spread over the cake with a knife dipped in hot water. Sprinkle with chopped nuts.

SPICED DATE CAKE and ICED LEMON CAKE

INGREDIENTS

The following quantities will make two large cakes:

6 oz. butter	$\frac{1}{2}$ to $\frac{3}{4}$ cup milk
1 cup sugar	2 oz. stoned dates
2 $\frac{1}{2}$ cups flour	Grated rind of 2 lemons
3 eggs	2 oz. sultanas
1 $\frac{1}{2}$ teaspoons cream of tartar	1 tablespoon allspice
$\frac{3}{4}$ teaspoon bicarbonate of soda	
<i>For the Icing:</i>	1 dessertspoon hot water
2 oz. butter	1 dessertspoon lemon juice
5 oz. icing sugar	

Method.—Cream the butter and sugar. Add the eggs, one at a time, beating each well in. Sift the flour with the cream of tartar and carbonate of soda, and beat well in. Add the milk, enough to make the mixture easily beatable. Divide the mixture into two equal portions. Add to one the spice, cleaned sultanas, and dates, chopped up. To the other, add the grated lemon rind. Turn both into the greased tins. Place in a moderately-hot oven. Lower the temperature after 10 minutes' cooking, without opening the oven door, and bake in a moderate oven from 30 to 40 minutes. Turn on to rack to cool.

For the lemon icing, cream the butter, and beat in the sifted sugar, a little at a time. When smooth, add the lemon juice and water, and beat well. Ice the cake (when cold), sides and top, smoothing the icing over with a knife dipped in hot water. Mark the icing with the back of a fork dipped in hot water, and place aside till set.

ROUND SULTANA CAKE

INGREDIENTS

$\frac{1}{2}$ lb. butter	3 eggs
$\frac{1}{2}$ lb. sugar	1 gill milk
1 teaspoon baking powder	$\frac{1}{2}$ lb. flour
2 oz. almonds	2 oz. mixed peel
$\frac{1}{2}$ lb. sultanas	

Method.—Beat butter and sugar to a cream, add eggs, one at a time, and beat well in. Add the milk gradually. Cut the peel finely, clean the sultanas. Split the almonds in half, leaving six or seven whole ones, and sift the baking powder with the flour. Add the fruit and nuts to the butter mixture, mix well, and add the flour in two lots, mixing each well in. Turn into a freely-greased, round tin, and scatter the whole almonds on top. Place in a moderately-hot oven for 10 minutes. Then reduce the temperature without opening the oven door, and continue cooking in a moderate oven for about $1\frac{1}{2}$ hours altogether.

SQUARE SULTANA CAKE

INGREDIENTS

1 lb. flour	2 teaspoons baking powder
$\frac{1}{2}$ lb. butter	1 gill milk
$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ nutmeg, grated
$\frac{1}{2}$ lb. sugar	4 eggs

Method.—Sift flour and baking powder, rub the butter lightly in with the finger-tips. Stir in the sugar, sultanas, and nutmeg. Beat the eggs, mix with the milk, and add to the dry ingredients. Mix thoroughly. Bake in a square tin, freely greased, from 1 to $1\frac{1}{4}$ hours. Place the cake in a moderately-hot oven for the first 10 minutes. Lower the temperature without opening the oven door, and continue the cooking in a moderate oven.

EGGLESS FRUIT CAKE

INGREDIENTS

3 cups flour	1 teaspoon bicarbonate of soda
3 teaspoons cream of tartar	1 cup sultanas
$\frac{1}{2}$ cup butter	1 cup sugar
1 cup milk	Grated nutmeg
2 oz. candied lemon peel	

Method.—Rub the butter into the flour, sifted with the cream of tartar. Add sugar, sultanas, peel, finely shredded, and grated nutmeg. Dissolve the soda in the milk, and mix with the dry ingredients. Bake in a large, round tin, freely greased, in a moderately-hot oven, for 10 minutes. Then in a moderate oven for the rest of the time, about 1 hour altogether.

CHECK CAKE

INGREDIENTS

4 oz. flour	4 oz. castor sugar
2 oz. butter	3 dessertspoons milk
1 oz. cocoa	Jelly (quince, apple, or any other)
2 eggs	Walnut halves
1 teaspoon baking powder	Chocolate icing

Method.—You will need two special oblong tins with movable centre pieces for this cake. Grease them, the centre pieces, too. Beat the butter and sugar to a cream, add the eggs, one at a time, beating each well in. Dissolve the cocoa in 2 dessertspoons warm milk. Sift the flour and baking powder together, and add to the mixture. Divide into two equal portions. To one add the dissolved cocoa, and to the other the remaining dessertspoon of milk. Turn one mixture into each tin. Place the centre pieces in position, and bake in a moderately-hot oven from 20 to 25 minutes. Turn on to a rack till cold. Trim the cakes evenly, and, using jelly to make them adhere, place side by side a white and brown strip, and on top of these a brown and white strip, also stuck together. Make a soft chocolate icing (see Icings), and cover the cake, top and sides. Place walnut halves along the top as a decoration.

MARBLE CAKE

INGREDIENTS

For the Brown Cake :

4 oz. butter
4 oz. sugar
2 egg yolks, well beaten
3 tablespoons milk
1 good tablespoon cocoa
1 cup S.R. flour

For the White Cake :

4 oz. butter
4 oz. sugar
2 egg whites, whipped stiff
2 tablespoons milk
1 cup S.R. flour

Method.—Take two basins, and in each cream the butter and sugar, and add the eggs. For the brown cake, warm the milk, dissolve the cocoa in it, and add to the butter, etc. In the other basin, stir in the plain milk. Add flour to each basin, sifting it in. Beat each mixture

thoroughly, and pour half of one mixture, then half of the other, into a greased deep square or oblong tin. Turn in the remaining mixture. Draw a fork through it two or three times, and place in a moderately-hot oven for 10 minutes. Lower the temperature, without opening the oven door, and cook in a moderate oven from 30 to 45 minutes. Turn on to a rack to cool. The cake may be left plain, or, if iced, the marble effect should be carried out with white and chocolate icing. Pour 2 or more spoonfuls of each icing on the cake, and smooth off to the edges with a knife, being careful to see that the knife is clean each time.

SEED CAKE

INGREDIENTS

8 oz. butter	1 small cup milk
8 oz. sugar	1 teaspoon baking powder
1 lb. flour	Grated rind 1 lemon
5 eggs	1 oz. caraway seeds

Method.—Sift flour and baking powder into a bowl. Rub in the butter lightly with the finger-tips. Add the sugar, lemon rind, and caraway seeds. Beat the eggs, mix with the milk, and pour this into the dry ingredients. Beat well, and turn into a large, round tin, greased, and lined with greased paper. Place in a moderately-hot oven for 10 minutes, lower the temperature, and cook moderately slowly from 1½ to 2 hours.

ORANGE CAKE (1)

INGREDIENTS

4 oz. castor sugar	1 dessertspoon butter (melted)
2 eggs	Grated rind 1 orange
4 oz. S.R. flour	Icing sugar
<i>For the Filling:</i>	1 teaspoon butter
1 orange	1 egg
4 oz. sugar	

Method.—Beat the eggs till thick and pale in color. Add the sugar and grated orange rind. Continue beating till thick and creamy. Fold the flour in lightly, and stir in the butter. Place in two shallow sandwich tins, greased, and bake in a good moderate oven from 20 to 25 minutes. Turn on to a rack to cool. To make the filling, beat the egg, and place it with the sugar, butter, grated rind, and strained juice of orange in the top half of a double saucepan. Cook over boiling water until the mixture is thick. Allow to become cold before spreading between the layers of cake. Sift icing sugar on top of the cake as a finish.

ORANGE CAKE (2)

INGREDIENTS

4 oz. butter

4 oz. sugar

3 eggs

For the Icing :

8 tablespoons icing sugar

 $\frac{1}{2}$ cup milk

10 oz. S.R. flour

Grated rind 1 large orange

1 dessertspoon melted butter

About 1 tablespoon hot orange juice

Method.—Beat butter and sugar to a cream. Add eggs, one at a time, beating them well in. Add the grated orange rind, then the sifted flour and milk alternately, beating all thoroughly. Pour into a large square tin, freely greased. Place in a hot oven, lower the temperature, and bake about $\frac{1}{2}$ hour. Turn on to a rack till cold.

For the icing, sift the icing sugar into a bowl. Add the melted butter and enough hot orange juice to make the icing run smoothly from the spoon. Use quickly, as it sets rapidly.

SAND CAKE

INGREDIENTS

8 oz. butter

8 oz. sugar

4 eggs

8 oz. arrowroot

Method.—Beat butter and sugar to a cream. Add eggs, one at a time, beating each one in thoroughly. Add the arrowroot, blend well, and beat for 5 minutes. Turn the mixture into a freely-greased square tin, and bake slowly, in a moderate oven, from $\frac{3}{4}$ to 1 hour.

MADEIRA CAKE

INGREDIENTS

5 oz. sugar

4 oz. butter

4 oz. S.R. flour

3 eggs

4 oz. plain flour

4 tablespoons milk

Grated rind 1 lemon

Method.—Beat butter and sugar to a cream. Add the eggs, well beaten, blend well. Sift the two flours together, and add by degrees, beating well each time. Add the grated lemon, then the milk slowly. Give a final beat. Turn into a round, deep tin, previously greased, and put into a moderately-hot oven for 10 minutes. Lower the temperature without opening the oven door, and cook in a moderate oven from 30 to 45 minutes.

HONEY SANDWICH

INGREDIENTS

4 oz. flour
1 teaspoon cream of tartar
 $\frac{1}{2}$ teaspoon bicarbonate of soda
3 eggs

4 oz. castor sugar
2 tablespoons boiling water
1 dessertspoon butter, melted
Extra castor sugar

For the Filling :

$1\frac{1}{2}$ oz. butter

2 oz. honey
4 oz. icing sugar

Method.—Beat the eggs, with a rotary whisk, if possible, till thick and pale in color. Add the sugar, and beat till thick and creamy. Sift the flour, cream of tartar, and bicarbonate of soda together. Add to the eggs and sugar, folding it lightly in. Stir in the water and butter mixed, and quickly pour the mixture into 2 large sandwich tins, greased. Bake in a good moderate oven from 20 to 25 minutes. Turn on to a rack till cold. For the filling, melt the butter and honey in a small saucepan. Remove from the fire, stir in the sifted icing sugar. Allow to cool slightly, and pour over one of the cakes, spreading carefully up to the edge. Place the other cake on top, and shake castor sugar over as a finish. To weigh the honey, first place the saucepan on the scales, and balance it with an equal weight. Then add the required amount of honey.

LAMINGTON SANDWICH

INGREDIENTS

4 oz. butter
 $\frac{1}{2}$ cup sugar
Chocolate icing
 $\frac{1}{2}$ pint cream, whipped stiff, with 1
dessertspoon castor sugar
2 eggs

$\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon bicarbonate of soda
1 teaspoon cream of tartar
Desiccated coconut

Method.—Beat the butter and sugar to a cream. Add the eggs, one at a time, beating them well in. Sift the flour with the cream of tartar and carbonate of soda, and add to the mixture. Beat well, add the milk gradually, beat again thoroughly. Pour into two large, deep sandwich tins, previously well greased, and bake in a moderate oven from 25 to 30 minutes. Turn on to a rack to cool. When cold, put together with whipped cream. Pour soft chocolate icing (see Icings) on top of the cake, smoothing it off evenly to the edge with a knife. Finish the top entirely before attending to the sides. What remains in the bowl, and what has dripped from the top, should be used for the sides. Hold a spoonful of the icing near the top, ladle it out with a knife on to the side, and smooth it over. Shake desiccated coconut over all, and allow to set.

LARGE THREE-MINUTE SPONGE

INGREDIENTS

- | | |
|---------------------------------------------------------------------------|--------------------------------|
| 3 eggs | 1 cup flour |
| $\frac{1}{2}$ cup sugar | 2 teaspoons cream of tartar |
| 2 oz. butter, melted | 1 teaspoon bicarbonate of soda |
| 3 tablespoons milk | Pink soft icing (see Icings) |
| <i>For the Filling:</i> | Crystallised rose petals |
| $\frac{1}{2}$ pint cream, whipped stiff, with 1 dessertspoon castor sugar | |

Method.—Beat the eggs and sugar slightly. Add the butter and milk. Mix all together. Sift the rising with the flour. Add to the other ingredients, and beat all thoroughly for 3 minutes. Pour into a large square greased tin, and bake in a good moderate oven from 20 to 30 minutes. Turn upside down on to a rack till cold. Take a large, sharp knife, and split the cake through the centre. Fill with cream, replace the top (originally the bottom, of the cake). Ice the top and sides, and decorate with rose petals.

GINGERBREAD

INGREDIENTS

- | | |
|--------------------------------|------------------------------------|
| 1 lb. flour | $\frac{1}{2}$ lb. cleaned sultanas |
| $\frac{1}{2}$ lb. sugar | 1 dessertspoon ground ginger |
| $\frac{1}{4}$ lb. butter | 1 oz. candied lemon peel, finely |
| 1 teacup milk | shredded |
| 1 teaspoon bicarbonate of soda | 1 teaspoon cinnamon |
| 1 teacup treacle | |

Method.—Sift flour, cinnamon, and ginger into a bowl. Place the milk and treacle in a small saucepan, and warm till the treacle is dissolved. Keep at the side of the stove till required. Rub the butter into the flour with the finger-tips. Add the sugar and fruit, and mix well. Dissolve the soda in a little extra milk, and *at the last*, pour it into the warmed milk and treacle. Mix well, and add to the dry ingredients. Beat all thoroughly, and quickly turn into a greased, deep, square tin. Bake in a slow moderate oven for about 1 hour.

MARMALADE CAKES

INGREDIENTS

- | | |
|--------------------------------------|-------------|
| $\frac{1}{2}$ cup rice flour | 3 oz. sugar |
| $\frac{1}{2}$ cup plain flour | 1 egg |
| $\frac{1}{2}$ teaspoon baking powder | Marmalade |
| 4 oz. butter | |

Method.—Sift flour, baking powder, and rice flour into a bowl. Rub in the butter lightly. Add the sugar, and mix. Beat the egg and mix it with the other ingredients. Put spoonfuls of the mixture into paper patty cases. Make a hole in the centre of each cake, and put in a teaspoon of marmalade. Bake in a moderate oven from 15 to 20 minutes.

BUTTERFLIES

INGREDIENTS

1 oz. butter	1 small tablespoon milk
2 oz. sugar	Cochineal
3 oz. S.R. flour	Pink whipped cream
1 egg	

Method.—Beat the butter and sugar to a cream, add the egg, and beat well again. Stir in the sifted flour, add drops of cochineal, one at a time, enough to make the mixture a decided pink. Beat well, and put the mixture into deep paper patty cases. This quantity will make about 12 cakes. Bake in a moderately-hot oven, till browned, from 10 to 15 minutes. When cold, remove the paper cases carefully, and slit a piece off the top of each cake. Place a large blob of cream on each cake. Cut the tops in halves, and stand them in the cream to represent wings.

CHRISTMAS CAKE

INGREDIENTS

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ lb. almonds
$\frac{1}{2}$ lb. sugar	$\frac{1}{2}$ lb. mixed peel
1 lb. plain flour	1 teaspoon ground cinnamon
$\frac{1}{2}$ lb. currants	1 teaspoon allspice
$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ nutmeg grated
6 eggs	A few glacé cherries, if liked

Method.—Beat the butter and sugar thoroughly together till creamy. Add the eggs one at a time, beating them well in. Sift the allspice, cinnamon, and nutmeg with the flour, and add half of this mixture to the eggs, butter, and sugar. Add the fruit, the currants, and sultanas, picked over and cleaned (if they have been washed, see that they are thoroughly dry before using them), the peel finely shredded, and the almonds and cherries cut in halves. Beat all well together. Add the remainder of the flour, and beat well again. Pour the mixture into a greased tin, lined with several thicknesses of greased paper. Bake in a moderate oven for about 3 hours. A good plan, which lessens risk of burning, is to stand the cake tin on a thick layer of salt in a larger tin, or on a scone tray.

THREE-TIER CHOCOLATE CAKE

INGREDIENTS

For the Cake :

6 oz. butter
8 oz. sugar
12 oz. flour
2 eggs

For the Icing :

1 egg white
 $\frac{1}{2}$ lb. icing sugar

For the Filling :

2 oz. butter
4 oz. icing sugar

Vanilla essence

$1\frac{1}{2}$ level teaspoons bicarbonate of soda

3 level teaspoons cream of tartar

2 tablespoons cocoa

1 cup milk

2 teaspoons hot water

Chocolate shot

1 tablespoon hot water

3 tablespoons grated chocolate (unsweetened)

Method.—Cream the butter and sugar. Add the beaten eggs a little at a time, then the milk. Sift the bicarbonate of soda, cream of tartar, and cocoa with the flour, and add to the butter and egg mixture. Beat well, add a drop or two of vanilla essence, and beat again. Have ready 3 buttered sandwich tins, a large, a medium, and a small tin, with at least 2 inches difference in diameter between each one. Put the mixture into the tins, and bake in a moderate oven for about $\frac{1}{2}$ hour.

For the filling, cream the butter, add half the icing sugar, and beat well. Add the grated chocolate and the rest of the sugar, and mix thoroughly. Add the water gradually, beating all the time. When the cakes are cold, put a good layer of filling between them, and ice. Beat the egg white stiffly. Add the icing sugar a little at a time, beating it well in. When all the sugar is incorporated, add the water and beat hard. The icing should be firm enough to hold the spoon standing up in it. Ice the top and each ledge of the cake, roughing it with a knife. Before icing has set, sprinkle with chocolate shot.

ÉCLAIRS

INGREDIENTS

2 oz. butter
2 oz. flour
5 tablespoons water
2 eggs, well beaten

Whipped cream

Chocolate icing

Finely-chopped walnuts

Method.—Put the butter and water into a saucepan, bring to the boil. Add the flour, previously sifted, quickly and all at once. Stir and beat the mixture well. Cook for a minute. Cool a little, and add a third of the beaten eggs. Beat the mixture vigorously, till the egg is well blended with the other ingredients. Repeat this process, till the egg is all incorporated. On a cold greased slide force the mixture, or shape it with a spoon and knife, into fingers, from $2\frac{1}{2}$ to 3 inches long.

Do not spread the mixture too thickly, as it rises and swells in the cooking. Bake in a hot oven. Lower the temperature slightly after 10 minutes' cooking, and bake from 25 to 35 minutes altogether. Do not open the oven door for at least 25 minutes. When they are done, the éclairs should be dry and crisp. Allow to get cold, split them in half, fill with whipped cream. Replace the tops, and prepare a small quantity of soft chocolate icing (see Icings). Ice the tops of the éclairs, and set aside till dry.

LEMON DROPS

INGREDIENTS

$\frac{1}{2}$ lb. S.R. flour	3 oz. butter
1 egg	1 lemon
4 oz. sugar	

Method.—Beat butter and sugar to a cream. Add egg, and beat well. Add the grated rind of the lemon. Sift in the flour, mix well, and add 3 teaspoons lemon juice. Roll with the hands into little balls. Bake, on a greased slide, in a good oven, for about 10 minutes.

RASPBERRY BUNS

INGREDIENTS

8 oz. S.R. flour	1 cup ground rice
4 oz. sugar	4 oz. butter
1 egg	About 4 tablespoons milk
Raspberry jam	

Method.—Cream the butter and sugar. Add the egg (saving a teaspoon of the white), beat well, and then add the milk. Sift the flour and ground rice together, and add to the mixture. Roll into balls. Make a hole in the centre of each, and drop in a little raspberry jam. Close together again, and brush over the crack with white of egg. Bake in a hot oven, on a greased slide, for about 10 minutes.

RASPBERRY SLICE

INGREDIENTS

4 oz. butter	1 $\frac{1}{2}$ teaspoons baking powder
2 oz. sugar	1 egg
1 $\frac{1}{2}$ cups flour	Raspberry jam
<i>For the Covering :</i>	$\frac{1}{2}$ cup sugar
1 cup coconut	1 egg

Method.—Beat butter and sugar to a cream. Add egg. Beat well. Stir in flour, sifted with the baking powder. Butter a shallow tin. Put the mixture in, pressing it down evenly with the fingers. Spread jam over this, almost up to the edges.

For the covering, mix egg, sugar, and coconut together. With the hands spread it over the jam, pressing it lightly on at the last. Bake in a moderate oven for about 30 minutes. Loosen the edges of the cake from the tin when it comes from the oven, but allow the cake to cool a little before turning it out.

ILLUSIONS

INGREDIENTS

1½ cups desiccated coconut
1 cup sugar

2 egg whites
Vanilla essence

Method.—Beat whites of eggs and sugar to a stiff froth, add a few drops of vanilla essence and the coconut. Drop in small spoonfuls on a greased tray, and bake in a slow oven, from 20 to 30 minutes, till lightly colored.

JELLY CAKES

INGREDIENTS

4 oz. butter
4 oz. sugar
1 tablespoon milk
2 eggs

1 cup flour
1 teaspoon baking powder
1 small packet jelly crystals
Desiccated coconut

Method.—Make the jelly as directed on the packet. Place it to set in a sandwich tin or shallow bowl. Beat the butter and sugar to a cream, add the eggs one at a time, beating them well in, then the milk, and lastly the flour and baking powder sifted together. Beat all thoroughly, and bake in paper cases in a moderately-hot oven for about 10 minutes. When the cakes are cold, remove the cases, and dip the cakes in the jelly (which must be partly set). Roll them in coconut. Place them on a wire stand till the jelly is set.

JELLY CAKE

INGREDIENTS

4 eggs
3 oz. S.R. flour
½ pint cream
6 oz. castor sugar

1 oz. butter
½ packet red jelly crystals (1 pint size)
Water

Method.—Beat the eggs in a good-sized basin placed over a bowl of hot water, till they are frothy. Add by degrees 4 oz. castor sugar. Keep on beating the mixture for a further 10 minutes. Add the flour, folding it lightly in, not beating it. Add the butter, previously melted. Pour into 2 well-greased sandwich tins. Bake in a moderate oven till browned, about 30 minutes. Turn on to a sieve till cold.

Prepare the jelly as directed on the packet. When cold, pour some (approximately half) into a small round mould, to the depth of about $\frac{1}{2}$ inch. The mould should be a good deal smaller than the sandwich tins, as the jelly is to form a centre piece on the cake. If a mould small enough is not available, pour all the jelly into a soup plate, or sandwich tin. Then, with a large cutter dipped quickly in and out of hot water, stamp out the centre piece. Place the round of jelly carefully on the top portion of the sandwich (it is not easy to do). When the jelly has been stamped out as described, remove carefully with a knife all the surrounding jelly. Dip the knife in hot water, and slide it gently under the remaining jelly. Then take the top of the cake, smear cream just in the centre. Place it upside down on the jelly, and turn the whole thing over. Whip the cream with 2 oz. castor sugar till stiff. Put some in a forcing bag, and pipe lines, radiating from the jelly to the edge of the cake. Chop the remaining jelly roughly. Cover the other half of the sandwich with cream. Add the chopped jelly, then more cream, and place the top in position.

STRAWBERRY SANDWICH

INGREDIENTS

$\frac{1}{2}$ box strawberries
1 gill cream
4 oz. sugar
3 oz. butter
Soft icing, colored pink

6 oz. S.R. flour
1 gill milk
1 egg
Castor sugar

Method.—Beat the butter and sugar to a cream. Add the beaten egg, then the milk. Sift in the flour, and mix all well together. Butter 2 sandwich tins, pour in the mixture, and bake, in a moderate oven, for about 30 minutes. Turn on to a sieve to cool. Whip the cream. When the cake is cold, cover one half with the cream. Into this gently press a layer of strawberries, and shake castor sugar over. Retain about 6 or 7 of the best strawberries for decoration. Place the other cake on top. Ice with a soft pink icing. (See Icings.) Decorate with the remaining strawberries.

STRAWBERRY TEACAKE

INGREDIENTS

$\frac{1}{2}$ lb. S.R. flour
 4 oz. butter
 4 oz. sugar

1 egg
 Milk to mix

Method.—Beat butter and sugar till creamed. Add egg and beat well. Stir in flour alternately with milk, until the mixture is a good cake consistency (about $\frac{1}{2}$ cup should do). Cook in a moderate oven in a greased tin for about 1 hour. Allow to become almost cold, then split open and fill generously with whipped cream and strawberries. This teacake is delicious eaten fresh from the oven.

STRAWBERRY SHORTCAKE (1)

INGREDIENTS

1 box strawberries
 1 $\frac{1}{2}$ gills cream

Castor sugar

For the Shortcake :

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. sugar

$\frac{1}{2}$ lb. flour
 1 teaspoon baking powder
 1 egg

Method.—Beat butter and sugar to a cream, add egg and beat well. Sift the flour and baking powder, and add to the mixture. Divide into two. On a sparsely-floured board, roll each out lightly in a round, the exact size of the sandwich tins to be used. When they are in position, a little gentle pressing with the fingers may be necessary to make them fit exactly. Bake in a moderate oven for about 30 minutes. Turn on to a sieve to cool. Whip the cream, and clean and hull the strawberries. Put the cakes together with a little cream, a generous layer of strawberries, and castor sugar freely shaken over. Use the rest of the cream for the top of the cake, putting it on in rough swirls. Decorate with strawberries.

STRAWBERRY SHORTCAKE (2)

INGREDIENTS

2 cups flour
 1 tablespoon castor sugar
 4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 Castor sugar

4 tablespoons butter
 2-3 cups milk
 1 egg
 3d. cream
 1 carton strawberries

Method.—Take 2 cups flour, 1 tablespoon castor sugar, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, and sift them together into a bowl.

(Self-raising flour may be used instead of the flour and baking powder if preferred.) Rub 4 tablespoons butter into the flour, until it is like breadcrumbs. Whip 1 egg and mix into it $\frac{3}{4}$ cup milk. Stir this into dry mixture. Put the moist dough into a buttered cake tin. Bake in a hot oven for from 15 to 20 minutes. Let it cool slightly. Then split in two, and fill with strawberries which have been slightly crushed and sweetened with castor sugar. Cover the top of the cake with whipped cream, and some of the largest strawberries, which have been reserved for the purpose. The warm cake should draw the juice of the berries, and the cream should slowly melt and mingle with the whole.

Any fruit may be used in a shortcake. Peaches are particularly good.

CHERRY CAKE

INGREDIENTS

8 oz. S.R. flour
5 oz. butter
5 oz. sugar
Milk

3 eggs
3 or 4 glacé cherries
Pinch of salt

Method.—Cream butter and sugar. Beat eggs well. Add to butter and sugar. Then add the sifted flour. If necessary add a little milk. The mixture must not be too moist or the cherries will sink. Halve the fruit. Roll in a little sifted flour, and add last to the mixture. Pour into a lined cake tin. Cook in a moderate oven. It will probably take about an hour.

PASSIONFRUIT CAKE

INGREDIENTS

4 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup arrowroot or maizena
1 teaspoon cream of tartar

$\frac{1}{2}$ teaspoon bicarbonate of soda
Passionfruit frosting
Pinch salt

Method.—Whip the whites of the eggs and the sugar. Add the yolks beaten till thick and lemon-colored. Fold in the arrowroot, sifted with the cream of tartar, soda, and salt. This cake looks better colored a faint pink with carmine or cochineal, which should be added to the egg mixture, for once the flour is added it should not be stirred any more.

Bake for 10 minutes or so in greased layer tins in a moderate oven. Fill and ice with passionfruit frosting.

WALNUT CAKE

INGREDIENTS

2 eggs
 $\frac{1}{2}$ cup sugar
 1 cup self-raising flour
 $\frac{1}{4}$ teaspoon cocoa

2 tablespoons butter
 $\frac{3}{4}$ cup chopped walnuts
 $\frac{1}{2}$ cup milk
 Vanilla

Method.—Cream together the butter and sugar. Add the well-beaten eggs. Mix the cocoa, sifted flour, and chopped walnuts. Add alternately with the milk to the mixture. Flavor with the essence, and bake in a slow oven for 30 or 40 minutes. Ice with chocolate icing. Sprinkle with walnuts or decorate with half nuts round the cake at regular intervals.

PEACH SHORTCAKE

INGREDIENTS

4 cups flour
 3 tablespoons butter
 1 teaspoon salt
 1 egg

1 tablespoon sugar
 1 cup sour cream, or milk
 1 teaspoon bicarbonate of soda

Method.—Sift the flour with the salt. Add the sugar. Rub the butter into it. Beat the egg, and add it to the cream, and stir into the rest. Dissolve the soda in a little water and add that. Roll the dough lightly without working it too much. Bake in 2 round or on 1 square tin for about 20 minutes in a hot oven. Split when hot, and fill and cover with whipped cream and sliced peaches. Eat while cake is still warm. This mixture makes a large quantity.

CHOCOLATE CAKE

INGREDIENTS

3 oz. butter
 2 eggs
 7 oz. S.R. flour

3 oz. cooking chocolate
 5 oz. sugar
 $\frac{1}{2}$ cup milk

Method.—Cream the butter and sugar. Set aside and grate the chocolate into a saucepan, and put it on the fire with the milk to melt. Let it come slowly to the boil, stirring occasionally to get the chocolate smooth. While it is melting beat the eggs into the butter and sugar, beating until light and well filled with air bubbles. Sift in the flour, stirring it in lightly. Add the milk and chocolate, which should have cooled slightly. (It must be taken off the fire as soon as it boils.)

Pour the dough into a well-greased tin, and bake in a moderate oven till done (about $\frac{3}{4}$ hour).

Two dessertspoons cocoa may be used instead of the chocolate, but it will make the cake drier and the chocolate flavor will not be so marked.

When cold, ice with chocolate icing.

BLACK DEVIL CHOCOLATE CAKE

INGREDIENTS

$\frac{3}{4}$ cup butter	1 cup milk
1 $\frac{1}{2}$ cups castor sugar	1 teaspoon cream of tartar
3 eggs	$\frac{1}{2}$ teaspoon soda
$\frac{3}{4}$ cup cocoa	1 teaspoon vanilla
$\frac{1}{2}$ cup hot water	1 teaspoon salt
2 cups S.R. flour	

Method.—Cream the butter and sugar. Add the eggs, beating in each one separately. Add the hot water to the cocoa and mix till smooth. Add to mixture. Add the salt, the soda, and cream of tartar to the self-raising flour (the additional rising is on account of the cocoa) and sift together. Add to the mixture alternately with the milk. Bake in 2, or 3, sandwich tins in a moderate oven for about 20 minutes or until done.

When cold ice with a frosting.

PLAIN CAKE

INGREDIENTS

6 eggs	Grated lemon rind to flavor
10 oz. S.R. flour	$\frac{3}{4}$ lb. sugar
4 oz. butter	Pinch salt

Method.—Add $\frac{1}{2}$ cup water to the sugar and boil it to a syrup. Break the eggs into a basin, and add the syrup. Beat for 20 minutes. Melt the butter and add. Then fold in the sifted flour lightly, and the grated lemon rind. Have ready a cake tin which has been greased, and dust over it equal quantities of flour and castor sugar. The tin should be large enough to allow for rising. If not, tie a piece of paper round the top of the tin. Bake for about 1 hour in a moderate oven.

APPLE CAKE

INGREDIENTS

3 cups S.R. flour	1 cup sugar
1 $\frac{1}{2}$ tablespoons butter	1 egg
1 small cup milk	Apples
1 teaspoon cream of tartar	$\frac{1}{2}$ teaspoon soda

Method.—Sift cream of tartar and soda with flour, and rub in the butter. Beat the egg and sugar together, and add the milk. Mix all together into a soft paste. Put on to a floured board and roll out. Line a flat baking tin with half the paste, cover with the dry pulp of baked apples. Cover with the rest of the paste, and bake in a fairly-quick oven. This cake may be iced if liked.

FRUIT CAKE

INGREDIENTS

$\frac{1}{2}$ lb. dripping, margarine, or lard	3 oz. sultanas
$\frac{1}{2}$ lb. flour	3 oz. currants
3 oz. sugar	1 oz. peel
Grated nutmeg	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{4}$ teaspoon mixed spice	$\frac{1}{4}$ tablespoon vinegar
$\frac{1}{2}$ pint milk	1 egg

Method.—Rub the fat into the flour. Mix together with the dry ingredients. Make the milk hot and dissolve the baking powder in it. Add to the dry ingredients and mix well. Then add the vinegar, and lastly the well-beaten egg. Pour into a greased tin, and bake in a moderately-slow oven for about $1\frac{1}{2}$ to 2 hours. If browning too quickly on top, cover with a greased paper.

BUTTER SPONGE

INGREDIENTS

1 cup S.R. flour	2 tablespoons boiling water
1 cup castor sugar	1 tablespoon butter
3 or 4 eggs	Pinch salt

Method.—Beat the sugar and eggs for at least 20 minutes, until the mixture is thick and creamy. Three eggs are good, but 4 are better. Sift the flour and the salt, and then very lightly fold the flour into the mixture. Do not beat any more. Last of all add the butter melted in the boiling water. Stir into the mixture, and pour into prepared tins. Bake for about 20 minutes in a moderately-hot oven. This cake is even better if baked in one deep tin. Should it begin to brown before it is cooked, cover with a piece of greased paper. When done, stand on sieve, out of a draught. Fill with lemon butter, and ice with almond icing. (See Icings and Fillings.) Also good filled with whipped cream and covered with chocolate icing.

BRIDE CAKE

This is a special recipe which comes from Ireland. It will keep for a very long time if in an airtight tin.

INGREDIENTS

1 lb. flour	1 doz. eggs
1 lb. Demerara sugar	2 oz. grated nutmeg
2 lb. sultanas	1 teaspoon mace
$\frac{1}{2}$ lb. candied peel	1 teaspoon cinnamon
1 lb. butter	1 wineglass brandy
1 lb. raisins	1 wineglass sherry
2 lb. currants	

Method.—Soak the spices overnight in the brandy and sherry. Cover with a glass. Cream the butter and sugar, and mix in all the rest of the ingredients except the eggs. The fruit must be ready prepared, cleaned, stalked, seeded, and the peel finely cut. When all the rest of the ingredients are thoroughly blended, add first the well-beaten yolks of the eggs and then the stiffly-whipped whites. Pour the mixture into a large square tin, lined with 2 or 3 layers of greased paper. Bake in a slow moderate oven for 4 or 5 hours. This is a large cake.

JAM ROLL

INGREDIENTS

$\frac{1}{2}$ cup sugar	Raspberry or apricot jam
1 cup S.R. flour	3 or 4 eggs

Method.—First butter the shallow tin in which the cake is to be baked, and flour it. Beat the eggs and the sugar till they are light and creamy. Fold in the sifted flour and a pinch of salt, and pour on to the prepared dish. Put in the oven and bake in a moderate oven for about 15 minutes—the time will depend so much on the heat of the oven and the size of the dish that it is better to be prepared for it to bake in fewer or more minutes. When done, and on no account must it be allowed to burn, turn carefully on to a damp tea towel, sprinkled with sugar. Quickly cut off a narrow strip of cake from each side. Spread with jam, which must have been previously heated if it is thick. Roll the cake over once, and then complete the rolling by turning the cloth with the cake. Some people leave the cake to cool in the cloth, but it may be allowed to cool on a cake sieve, with the join under the cake. There must be no delay in rolling after the cake comes from the oven or it will crack.

FUDGE SPONGE

INGREDIENTS

1 cup sugar
1 tablespoon butter
1 egg

2 dessertspoons cocoa
1½ cups S.R. flour
½ cup milk

Method.—Cream the sugar with the butter. (If the weather is very cold the sugar may be heated first by putting it in the oven for a minute or two.) Add the egg and beat well in. Sift the cocoa with the self-raising flour. Add lightly to the mixture. Add gradually the milk. Lastly, add 1 tablespoon boiling water (or orange juice). Pour into greased sandwich tins and bake for ½ hour in moderate oven.

Icing: Roll the lumps out of 1 cup icing sugar and mix with 2 dessertspoons cocoa. Flavor with vanilla, and add 1 dessertspoon butter. Mix with 1 large tablespoon boiling water. Warm over the stove till of the right consistency to spread. If too hot, it will be sugary.

CREAM CAKES

INGREDIENTS

2 tablespoons butter
¼ cup sugar
3 eggs
2 cups S.R. flour

Vanilla flavoring
Pinch salt
Cream
Milk

Method.—Cream the butter and sugar well. Add eggs separately and beat till light. Add the sifted flour and salt, stirring in lightly. Add milk if mixture is too thick. Add a few drops vanilla essence. Half fill paper cups or patty pans, and bake in a moderately-quick oven from 10 to 15 minutes. When cold make a slit in one side with a sharp knife and fill with whipped, sweetened, and vanilla-flavored cream. The cream may be omitted and the cakes iced instead.

LITTLE FRUIT CAKES

INGREDIENTS

½ cup butter
1 cup brown sugar
1 egg
1 cup sour milk
2 teaspoons mixed spice

1 teaspoon bicarbonate of soda
1 cup raisins
½ cup chopped walnuts
2 cups flour
Salt

Method.—Cream the butter and sugar, and beat in the egg. Stir in the flour and a saltspoon of salt, spice, and the soda, all sifted together. Add the sour milk and the fruit. Half fill patty tins with the mixture.

An easily-made cake for a children's party. (See recipe for Birthday Cake, page 246.)



Strawberry tea cake should be eaten
warm. (See page 234.)



Put a blanched almond in the centre of each one, and bake in a moderate oven for from 15 to 20 minutes. They may be iced if preferred. If the milk is not sour, omit the soda, and use self-raising flour instead of plain.

BETTY'S SPONGE

This is a good recipe for small cakes. They may be made in patty tins, paper cups, or in a sandwich sheet. If baked on a tin they can be cut into various shapes and iced and decorated in different colors and flavors.

INGREDIENTS

4 eggs	2 tablespoons butter
$\frac{1}{2}$ lb. sugar	$\frac{1}{2}$ cup milk
6 oz. S.R. flour	A pinch salt
2 oz. cornflour	

Method.—Cream the butter and sugar till it is light. Add the eggs separately, beating each one well into the mixture. Sift the flour, salt, and cornflour together, and add alternately with the milk. Bake in a moderately-hot oven for about 10 minutes, or till done when tested with a straw. Ice with any icing preferred, and decorate with split almonds, cherries, strawberries, coconut, etc.

RICE CAKES

INGREDIENTS

$\frac{1}{2}$ lb. ground rice	4 eggs
6 oz. castor sugar	Grated rind of a lemon

Method.—Whisk the eggs until they are thick and light. Add the sifted sugar and ice, and the grated peel. Put into small tins, and bake in a moderate oven for 8 or 10 minutes. If preferred, the cake may be baked in a shallow dish and the shapes cut out when cooked and cold.

Ice with any kind of icing. Decorate, and serve in little paper cups.

SMALL CAKES

The following is a very easily-made cake. If baked in a square tin it can be cut into small cakes and iced and decorated as required.

INGREDIENTS

2 oz. butter	Half teaspoon soda
3 eggs	4 oz. sugar
1 teaspoon cream of tartar	4 oz. flour

Method.—Melt the butter. Pour it over the sugar. Add the well-beaten eggs. Then add the flour with which has been sifted the cream of tartar. Add the soda dissolved in a teaspoon boiling water. If for small cakes, bake in a shallow tin, or it may be baked in 2 small sandwich tins.

It is good covered with an orange icing, with an orange filling in between.

ROCK CAKES

INGREDIENTS

2 lb. flour	1 egg
1 lb. butter	1 tablespoon milk
1 lb. sugar	2 tablespoons brandy
$\frac{1}{2}$ lb. currants	$\frac{1}{2}$ packet spice
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ lb. peel

Method.—Rub the butter into the flour, and add all the dry ingredients. (The peel can be put through the mincer and rubbed in a little of the flour.) When ingredients are well mixed, add the liquids, beating the eggs with the milk, and adding the brandy. Milk may be substituted for the latter, but the cakes will not keep so long.

Do not work too much, as the cakes are nicer if the sugar has not been quite melted in the mixing bowl.

PETITS FOURS

INGREDIENTS

Good-quality plain cake mixture	Ginger
Icing	Violets
Nuts	Crystallised fruits

Method.—These attractive little cakes are always small—not much more than an inch long. They can be made of any good-quality plain cake mixture, such as the Lamington recipe. Bake in a flat tin. When cold, cut into tiny squares, crescents, diamonds, rounds, etc. Ice with different icings, and decorate according to color and flavor of icings, with violets, nuts, crystallised fruits, or ginger. When finished, place them in paper sweet cups. These paper cases can be bought cheaply in various colors.

CHOCOLATE CAKES

INGREDIENTS

8 oz. butter—or substitute	5 oz. grated chocolate
7 oz. sugar	4 eggs
3 oz. flour	1 tablespoon coffee

Method.—Grease the required number of patty tins. Dissolve the chocolate in a small saucepan with the coffee. When smooth remove from fire and let it cool. Cream the butter and sugar. Add the eggs one at a time, beating each in thoroughly. Between each egg add a tablespoon of the flour and beat it in thoroughly to prevent the mixture curdling. Add the dissolved chocolate, and then the remainder of the sieved flour, and a pinch of salt. Fold gently in and pour into the prepared tin. Bake in a moderate oven. Make a chocolate icing, using hot coffee instead of hot water to mix it, and cover the cakes with it. Ornament, if liked, with nuts, or "rough" the icing with a fork.

If cocoa is used instead of chocolate, 2 oz. should be sufficient, as it is so much stronger than chocolate.

These quantities make many small cakes or one large cake. If you are making it as small cakes and do not want many, halve the quantities.

MERINGUE SPONGE

INGREDIENTS

3 small eggs, their weight in sugar, and	Whipped cream
half their weight in plain flour	Crystallised cherries and fresh or
2 tablespoons boiling water	crystallised pineapple
Meringues	

Method.—Separate the whites from the yolks of the eggs and beat till stiff. Add the yolks and beat for 1 minute. Put in the sugar, and beat until the mixture is thick and creamy. This will take about 5 to 10 minutes according to the type of beater used. Gently stir in the sifted flour and add the water. Put into the tin (which should be ready prepared) and into the oven. There should be as little delay as possible about getting the cake into the oven after the flour has been added.

The tin should be liberally greased, then sprinkled with flour. A round sandwich tin is best.

Have the oven hot for the first few minutes, then turn it down to moderate for the rest of the baking. Do not open the oven door often during the cooking or the cake will sink. It should take about $\frac{1}{2}$ hour to cook, but may take more or a little less according to the shape of the tin and the heat of the oven. When done, turn out on a sieve to cool. It may sink a little, but this will not spoil the flavor. Sponges are apt to do this.

To prepare it for the supper table turn upside down on a plate and cover liberally with whipped cream. On top of the cream place meringues in a single layer (recipe for meringues appears elsewhere), and between them drop crystallised cherries and pegs of fresh pineapple. Do not put the meringues on till just before serving, or they will soften.

DATE CAKE

The following is an economical cake, and one that keeps fresh for a long while.

Rub 6 oz. butter, dripping, or substitute, into 12 oz. plain flour. Then add 4 oz. chopped dates, a teaspoon mixed spice, and 6 oz. brown sugar, and a good saltspoon of salt. Mix these dry ingredients well together. This must be blended with milk, about a cupful being required, but first add to the dry ingredients 1 teaspoon bicarbonate of soda dissolved in a little of the milk, before adding the rest of the liquid. Mix, then add 1 teaspoon vinegar. Blend thoroughly, and bake in a greased tin, in a moderate oven, for about $1\frac{1}{2}$ to 2 hours.

WHISKY CAKE

INGREDIENTS

4 oz. sugar	$\frac{1}{2}$ teaspoon bicarbonate of soda
6 oz. butter	$\frac{1}{2}$ cup milk, pinch salt
8 oz. flour	1 cup mixed fruit
4 eggs	$\frac{1}{2}$ packet spice
1 teaspoon cream of tartar	1 tablespoon whisky

Method.—Beat butter and sugar, and eggs and salt, for 5 minutes. Stir in flour and cream of tartar, and then milk in which has been dissolved the soda. Divide mixture into three parts. Put two of these into round sandwich tins and bake brown. In the third part put the fruit, spice, and whisky, and bake in a third sandwich tin the same size as the others used.

Make a filling with $\frac{1}{4}$ lb. butter, 1 wineglass whisky, and enough icing sugar to make into stiff paste. With this join three parts together, putting dark part in centre.

WINNIPEG SANDWICH

INGREDIENTS

1 tablespoon butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	1 dessertspoon cinnamon
$\frac{1}{2}$ cup golden syrup	1 cup flour
1 egg	$\frac{1}{2}$ teaspoon bicarbonate of soda

Method.—Beat butter and sugar to cream, and beat in egg (unbeaten). Dissolve soda in milk and add golden syrup. Mix cinnamon with sifted flour and add to other ingredients. Bake in two sandwich tins, fill with sweetened whipped cream flavored with cinnamon, and dust cinnamon on top.

CHILDREN'S CAKES**INGREDIENTS**

$\frac{1}{2}$ cup desiccated coconut	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup sultanas	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup dates	$1\frac{1}{2}$ to 2 lb. S.R. flour
3 eggs	

Method.—Cream the butter and sugar. Add one egg at a time. Add coconut, sultanas, dates, and the flour, making the mixture stiff enough to heap in teaspoonfuls on buttered slides. Bake in a hot oven. They only take 3 or 4 minutes to cook. This quantity makes from 80 to 100 cakes, which will keep fresh if packed in tins.

HONOLULU HERMITS**INGREDIENTS**

1 cup butter	1 teaspoon cinnamon
$1\frac{1}{2}$ cups sugar	1 teaspoon allspice
3 eggs	2 cups chopped walnuts
$2\frac{1}{2}$ cups S.R. flour	

Method.—Cream butter and sugar. Stir in eggs beaten without separating. Add flour sifted with spices, and stir in about 2 table-spoons warm water. Add chopped nuts and dates. Drop from spoon on a greased tin, and bake in a moderate oven for 10 minutes. This will make 10 or 12 dozen little cakes.

LITTLE GINGER CAKES**INGREDIENTS**

8 oz. S.R. flour	2 eggs
4 oz. butter	3 oz. chopped crystallised ginger
5 oz. sugar	Milk

Method.—Cream the butter and sugar. Add the eggs separately, beating each one in well. Mix the chopped ginger in with the sifted flour, and pinch of salt, and mix into the eggs and sugar, adding a little milk if the mixture is too thick. Bake in deep patty tins, ice, and decorate.

ALMOND RUFFLES

Sift together 2 cups flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda. Cream $\frac{1}{4}$ lb. butter with $\frac{1}{2}$ cup sugar, and add 1 egg well beaten, then sifted flour. Roll out very thin. Line patty tins (greased), and fill with the following mixture: 1 cup coconut, 1 tablespoon butter, 1 egg, 1 tablespoon sugar, few drops essence of almond, beaten well. Bake about 15 minutes.

BIRTHDAY CAKE

INGREDIENTS

1 lb. butter	2 gills milk
1 lb. sugar	2 oz. almonds
1½ lb. flour	2 oz. glacé cherries
2 teaspoons baking powder	½ lb. currants
1 lb. sultanas	2 oz. mixed peel
2 oz. chopped walnuts	Soft icing
6 eggs	Royal icing

Method.—Butter and line with buttered paper two large round tins. One should be deep and about 2 inches less in diameter than the other. The larger tin should be shallow, for the base of the cake. Cut the peel finely. Clean the sultanas and currants. Cut cherries and almonds roughly. Beat butter and sugar to a cream. Add eggs one at a time, beating each well in. Sift flour and baking powder together, and add alternately with the milk to the butter and sugar. Beat thoroughly. Mix in fruit and nuts. Turn into the prepared tins, and bake in a moderately-hot oven for 10 minutes. Reduce the temperature without opening the oven door. Continue cooking in a moderate oven. The large shallow cake should take about 2 hours, and the deeper cake from 3 to 3½ hours.

Allow to become cold. If necessary, cut a slice from the top of each cake to make it level. Place the base upside down on a rack and the other cake on top, also upside down. Ice with pink soft icing. Decorate with a centre piece and small roses and flowers. These are inexpensive, and add greatly to the finished appearance of the cake. Allow the icing to set. Place one large or several small d'oyleys on a cake board, sticking them down with a little royal icing. Place a dab of icing in the centre, and place the cake on the board. Force royal icing round the base to tidy off the edge. Finish the cake with forced icing where necessary and suitable. Rosebuds to hold candles may be bought with wire stems, which are inserted (with the candles) after the cake is finished.



DATE FILLING

INGREDIENTS

- | | |
|------------------------------|--------------------------------|
| 2 doz. stoned dates (minced) | $\frac{1}{2}$ cup sugar |
| 1 tablespoon lemon juice | $\frac{1}{2}$ cup water (bare) |

Method.—Place all the ingredients in a saucepan and heat slowly, stirring well. Allow to boil, and cook till the mixture is thick.

PASSIONFRUIT BUTTER

INGREDIENTS

- | | |
|--------------------|---------------------------------------|
| 4 oz. butter | $\frac{1}{2}$ pint passionfruit juice |
| 6 eggs | 4 tablespoons lemon juice |
| 2 lb. castor sugar | |

Method.—Beat eggs well. Place in the top half of a double saucepan with the butter and sugar. Add the strained fruit juices. Cook over boiling water, stirring thoroughly till thick. It will take from 20 to 30 minutes.

SOFT ICINGS

Mix and beat 8 oz. sifted icing sugar with about 2 tablespoons hot liquid—enough to make the icing run smoothly from the spoon.

For Chocolate Icing, add 1 tablespoon cocoa and a drop or two of vanilla essence to the sugar. Mix with hot water.

For Coffee Icing, add 1 tablespoon hot strong coffee or 1 teaspoon coffee essence and the remainder hot water.

For Orange Icing, add 2 tablespoons hot strained orange juice.

For Lemon Icing, add strained juice of a small lemon and the remainder hot water.

SHERRY ICING

INGREDIENTS

8 oz. icing sugar
About 1 tablespoon hot water

1 tablespoon sherry

Method.—Sift the icing sugar into a bowl. Stir in the sherry warmed, and add hot water to make the icing run smoothly from the spoon. Use quickly as required.

VIENNA FILLING AND ICING

INGREDIENTS

2 oz. butter
5 oz. sifted icing sugar

1½ to 2 dessertspoons liquid

Method.—Cream the butter thoroughly, and gradually beat in the sugar. Add essence, coloring, etc., then hot water as required. To get a smooth even surface, smear the icing over with a knife dipped in hot water and dried. This icing also looks well when swirled on or roughed with a fork.

Chocolate.—Add 1 dessertspoon cocoa to the sugar before mixing with the butter.

Coffee.—Add 1½ teaspoons coffee essence.

Passionfruit.—Add 1½ teaspoons strained passionfruit juice.

Any flavoring may be used in like proportions. Add coloring a drop at a time, beating each lot well in. When needed for piping, make the icing slightly stiffer—add less liquid.

NOUGAT ICING AND FILLING

INGREDIENTS

6 oz. sugar
6 tablespoons water
2 oz. blanchd almonds

Squeeze lemon juice
Whipped cream to fill and cover a sandwich cake

Method.—Place the sugar, water, and lemon juice in a saucepan. Stir till dissolved over a low heat before allowing the mixture to boil. Take a pastry brush, dipped in cold water, and brush round inside the saucepan to remove grains of sugar. Boil the mixture without stirring till it begins to change color. Add the blanchd almonds. When it is a dark amber shade, remove at once, and pour on a greased tin plate. When set, pound up the mixture finely. Add half the quantity to the whipped cream. Fill the sandwich and cover the top and sides with the prepared cream. Sprinkle over the remaining nougat.

BUTTERSCOTCH FILLING**INGREDIENTS**

3 tablespoons milk or cream
1 cup brown sugar
Sifted icing sugar

1 tablespoon butter
Vanilla essence

Method.—Place the sugar, butter, and milk in a saucepan. Heat very slowly, stirring well, till the sugar is dissolved. Boil without stirring for 2 minutes. Allow to cool, and, when almost cold, beat well till the mixture begins to thicken. Add vanilla essence and enough icing sugar to make the mixture spreadable.

ALMOND ICING**INGREDIENTS**

1 lb. icing sugar
 $\frac{1}{2}$ lb. ground almonds
1 egg yolk

2 tablespoons lemon juice and water
mixed (brandy, sherry, or water and
essence may be used instead)

Method.—Sift the sugar and mix thoroughly with the ground almonds. Beat the egg yolk and mix carefully with the lemon juice and water. Add gradually (all may not be needed) to the other ingredients. Form into a stiff dough and knead thoroughly, till perfectly smooth, on a board lightly dusted with sifted icing sugar.

To cover a cake with almond icing, divide the paste and roll out one portion to fit the top of the cake. Roll the remainder in two strips as wide as the depth of the cake, each to fit half-way round the sides. Brush the paste with unbeaten white of egg, and put it on to the cake. Dust over with icing sugar. Roll the paste gently with a rolling pin, till it is smooth and even. Stand aside for 2 days till firm and set. All loose crumbs must be brushed from the cake before putting on the almond icing.

ROYAL ICING**INGREDIENTS**

1 egg white
Squeeze lemon juice

6 to 8 oz. sifted icing sugar
Squeeze blue bag

Method.—Take a china bowl. Beat the egg white slightly—enough to break it. Add the sugar a tablespoonful at a time. Beat each lot

thoroughly, using a wooden spoon. Add lemon juice and a squeeze of blue bag to whiten the icing just before adding the last of the sugar. When finished, the icing should hold the spoon upright. Use as required to ice rich cakes or for piping. When not required for immediate use, cover the bowl with a damp cloth. When covering a cake with royal icing, have a large saucepan of boiling water handy, and dip the spatula or a flat knife continually in this while smoothing off the icing.

FROSTING

INGREDIENTS

6 oz. sugar
3 tablespoons water

1 large egg white
Essence

Method.—Place the sugar and water in a saucepan, and stir over a very low heat till the sugar is dissolved. Brush round inside the saucepan with a pastry brush, dipped in cold water, to remove the grains of sugar. Boil without stirring till a little dropped in cold water forms a hard ball. Meanwhile, whip the egg white stiffly. When the syrup is ready, pour it on to the egg gradually in a thin stream, beating well all the time, till it begins to thicken. Add flavoring and coloring, if required, and beat until the icing will hold its shape. Spread over the cake, and pat with a knife to get a frosted appearance.

PASSIONFRUIT FROSTING

INGREDIENTS

1½ cups sugar
½ cup water

Whites 2 eggs
½ cup passionfruit pulp

Method.—Boil sugar with water until the syrup will spin a thread from the tines of a fork dipped into it. When it will spin a thread 2 or 3 inches long, pour it quickly on to stiffly beaten whites of eggs, stirring all the time. Beat the frosting until the mixture thickens, add passionfruit pulp. Beat until it keeps its shape, and spread between the layers and over the top of the cake.

GINGER FROSTING

Stir 1 dessertspoon lemon juice into ½ cup condensed milk till the mixture thickens, then add gradually 1 cup icing sugar, ½ teaspoon

ground ginger, and $\frac{1}{2}$ cup preserved ginger shredded very fine. Pile thickly on cakes, and decorate with tiny pieces of ginger. This is a good icing both for cakes and sponges.

CREAM FILLING

Beat together for 10 minutes 1 tablespoon crystal sugar and 1 tablespoon butter. Add 1 tablespoon milk. This will take a minute or two to mix. Then add a tablespoon boiling water. Keep on beating, and a frothy cream will eventuate. Flavor with vanilla if desired.

GLYCERINE ICING

This icing is delicious. When cut through, the outside is crisp and the underneath creamy and mellow. The foundation mixture can be varied by adding 1 dozen passionfruit, or the rind and juice of 1 large orange or chopped walnuts, or crystallised cherries, and colored pale pink with a little cochineal.

Use $3\frac{1}{2}$ lb. icing sugar crushed and sifted very fine, 1 small cup white of egg, $\frac{1}{4}$ breakfast-cup glycerine, juice of $\frac{1}{2}$ large lemon. These quantities may be halved or quartered. Roll and sift sugar—put in a bowl—add glycerine, white of eggs, and lemon juice, and beat well until smooth and creamy.

CHOCOLATE CUSTARD FILLING

INGREDIENTS

Custard powder
Cocoa
Butter

Vanilla
Milk

Method.—To 2 level tablespoons of custard powder add a tablespoon cocoa and a heaped tablespoon sugar. Mix with a little cold milk into a smooth paste. Then gradually add the rest of a pint of boiling milk, stirring all the time. Return to the saucepan and cook for 2 or 3 minutes. Take from the fire and stir in a piece of butter, the size of a walnut. Flavor with vanilla. When cold spread between layers of cake.

A variation is to make the custard with milk and strong coffee.

GOLDEN SYRUP ICING

INGREDIENTS

1 cup golden syrup
18 oz. sugar
 $\frac{1}{2}$ cup water, scant

2 whites of eggs
Vanilla

Method.—Place the syrup, sugar, and water in a saucepan, and boil it to 240°–242° (or until it will spin a thread). Pour the hot syrup over the stiffly beaten whites of 2 eggs, and continue beating until the mixture will keep its shape. Spread over the cake, and decorate at once, before the icing sets. This icing will keep for a week in an air-tight jar, and may be used as required.

HONEY AND WALNUT FILLING

Spread a layer cake with thick honey, and sprinkle it liberally with chopped walnuts. Cover with another layer, and ice or not as preferred.

WALNUT FILLING

INGREDIENTS

2 tablespoons whipped cream
1 small teaspoon lemon juice
1 oz. chopped walnuts

2 oz. icing sugar
3 tablespoons apricot jam

Method.—Warm 3 large tablespoons apricot jam, and put it through a sieve. Add the icing sugar and work it smooth. Add the chopped walnuts and a teaspoon of lemon juice. Fold in the cream and use.

LEMON BUTTER

INGREDIENTS

3 dessertspoons butter
5 oz. sugar

2 eggs
1 lemon

Method.—Put the butter in the top half of a double saucepan. Melt it. Add the sugar, strained juice and grated rind of the lemon, and the eggs, previously beaten. Cook over boiling water, stirring all the time, till the mixture has thickened, and has the appearance of honey. Do not let it boil or it will curdle. Allow to get cold before using as a filling.

BANANA BUTTER**INGREDIENTS**

4 bananas
2 small lemons
2 tablespoons butter

1 cup sugar
2 eggs

Method.—Mash the banana to a pulp. Add the sugar and eggs, and beat all well together. Add the butter, juice of 2 lemons, and grated rind of 1. Place in the top half of a double saucepan, over boiling water, or in a bowl standing in boiling water. Stir till it thickens and is like honey. Do not allow the mixture to boil. This butter will keep for a week if it is stored in a cool, dry place.



WAFFLES

INGREDIENTS

$\frac{1}{2}$ lb. flour	1 tablespoon boiling water
$\frac{1}{2}$ teaspoon cream of tartar	1 egg
$\frac{1}{4}$ teaspoon bicarbonate of soda	1 dessertspoon butter
$\frac{1}{2}$ pint milk	Pinch salt

Method.—Beat the egg and mix with the milk. Sift the flour with the salt and cream of tartar into a bowl. Make a well in the centre, stir in the egg and milk gradually, and beat well. Dissolve the soda in the boiling water. Add the butter, melted, and stir all into the batter, and cook as follows: heat the irons very well. Grease both well, using a pastry brush dipped in melted lard. Continue to heat. When the irons smoke—not before—they are ready to receive the mixture, which should be of a consistency to pour easily but thickly. Pour in enough batter to cover the iron, spreading it evenly. Close the irons at once, and cook till browned on both sides, turning every few minutes, about 5 or 6 minutes altogether. Turn out and serve at once. Spread with butter and honey or golden syrup, or the correct, but more expensive, maple syrup.

DROP SCONES

INGREDIENTS

1 cup flour	1 heaped teaspoon cream of tartar
1 dessertspoon sugar	$\frac{3}{4}$ cup milk
1 level teaspoon bicarbonate of soda	1 beaten egg

Method.—Sift the flour with the rising into a bowl, stir in the sugar. Mix the beaten egg with the milk, make a well in the flour, gradually pour in the liquid, mixing to a smooth batter. Meanwhile, the girdle—or the oven browner, which is an excellent substitute—should be well heated. Then rub it over with a tiny lump of butter, on a small wad of kitchen paper. Take a heaped teaspoon of the mixture, and

drop on the girdle, not too close together, as they spread slightly. When air bubbles appear on the surface, slip a knife under, and turn the scone. Cook till browned on both sides; a minute or two is sufficient for each side. Serve hot or cold, spread with butter, or with cream and raspberry jam.

SAVORY SCONES

INGREDIENTS

1½ cups S.R. flour
1 oz. butter

Pinch salt
Milk

For the Filling:

2 hard-boiled eggs

½ oz. butter
Pinch cayenne

1 teaspoon anchovy or bloaters paste

Squeeze lemon juice

Method.—Sift the flour and salt into a basin. Rub in the butter lightly, and mix with enough milk to form a soft dough. Working quickly, place it on a lightly-floured board, and roll out to ½ inch in thickness. Cut into small rounds. Brush over with milk, and bake at once on a hot tray, lightly floured. Have a hot oven, and cook the scones from 5 to 8 minutes till browned. When they are cooked, break open, remove some of the soft centre, and fill with the savory mixture. The filling should be made beforehand. Pound together in a basin the egg yolks, anchovy paste, butter, cayenne, and lemon juice. When smooth, add the mashed egg whites, and mix well. May also be served cold.

LEMON TWISTS

INGREDIENTS

3 oz. flour
4 egg yolks

Castor sugar
Water

Juice of ½ and grated rind 1 lemon

Method.—Sift the flour into a bowl. Add the grated lemon rind. Beat the yolks. Stir into the flour, adding lemon juice, and water if necessary to form a rollable paste. Allow to stand for 1 hour. Roll out thinly. Cut into narrow strips, about 6 inches long. Fold over and twist the strips, and fry in deep, boiling fat till golden brown. Drain on kitchen paper, dust with castor sugar, and serve at once.

COFFEE ROLLS

INGREDIENTS

1 lb. S.R. flour
3 oz. sugar
3 oz. butter

1 egg
1 cup milk
Egg or milk for glazing

Method.—Sift the flour into a basin. Rub in the butter lightly. Add the sugar, and mix. Beat the egg, add to the milk, and mix with the dry ingredients to form a dough. Turn on to a sparsely-floured board. Roll out lightly, cut into rounds. Damp the edges half-way round with milk. Fold over, and glaze the tops. Place quickly on a hot baking sheet, lightly floured, and bake in a hot oven, from 7 to 10 minutes. Split open, insert a slice of hard butter, and serve at once. May also be served cold.

GEM SCONES

INGREDIENTS

2 small cups S.R. flour
2 oz. sugar
1 oz. butter

1 egg
1 cup milk

Method.—Beat the butter and sugar to a cream. Add the egg, and beat well in. Sift in the flour, and add the milk alternately, and beat thoroughly. Have ready a hot oven, and hot gem irons. Grease them well with butter, using a pastry brush or small wad of kitchen paper. Quickly put in the mixture, filling them about three-quarters full, and bake at once in a hot oven, from 10 to 12 minutes. Split open, butter, and serve at once. May also be served cold.

TEA BUNS

INGREDIENTS

1 cup S.R. flour
2 oz. butter
2 oz. sugar

2 eggs (not too large)
Milk, if necessary

Method.—Beat the butter and sugar to a cream. Add the eggs, one at a time, beating each well in. Sift in the flour, beat well. Add a little milk, if the mixture seems too stiff. Bake in hot gem irons, as directed in the recipe for Gem Scones. When cooked, turn upside down, split open, and spread with raspberry jam.

DOUGHNUTS

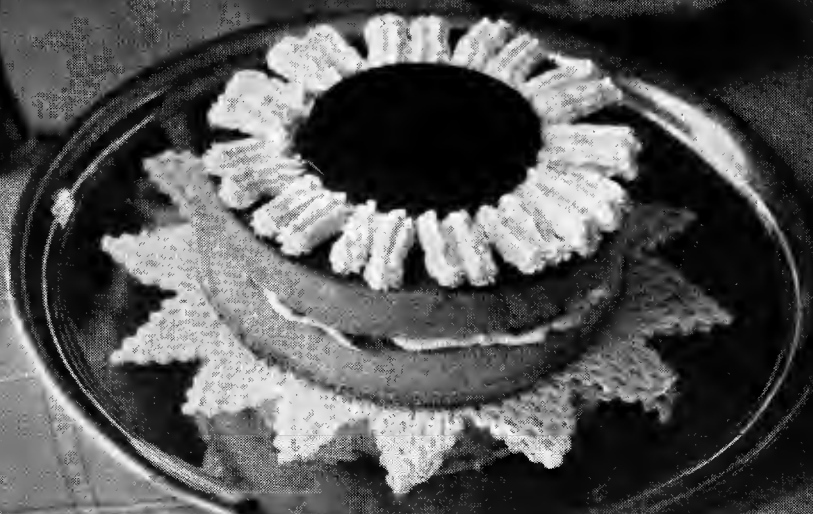
INGREDIENTS

8 oz. S.R. flour
2 oz. butter

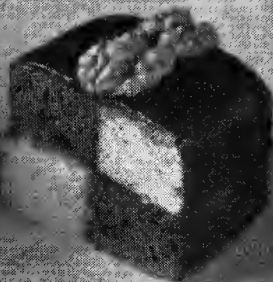
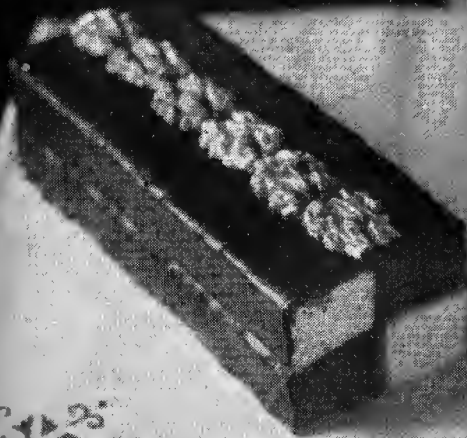
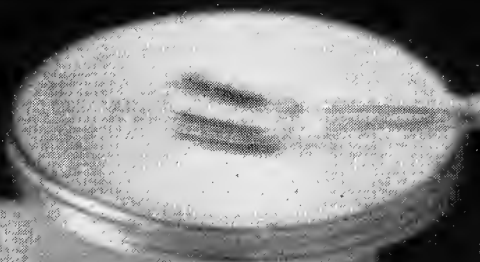
2 oz. sugar
2 eggs

Method.—Sift the flour into a bowl. Rub in the butter lightly, and add the sugar. Beat the eggs well, and pour into the dry

Jelly cake is made with a sponge mixture, and has a filling and topping of jelly and whipped cream. (See page 232.)



Check cake calls for a special tin for baking. (See page 224.)





Walnut cake is recommended for bridge teas. (See page 236.)

ingredients. Form into a rollable dough. Turn on to a lightly-floured board, and roll out $\frac{1}{2}$ inch thick. Cut in rings, using cutters of about $2\frac{1}{2}$ inches and 1 inch, or slightly less, in diameter. Fry the rings in deep boiling fat, till golden brown, and cooked through. Drain on kitchen paper. Serve at once, dusted with castor sugar. They are delicious with honey, when served as a pudding.

ANCHOVY STRAWS

INGREDIENTS

$2\frac{1}{2}$ oz. flour	1 egg yolk
1 oz. butter	Cayenne
1 tablespoon anchovy sauce	

Method.—Rub the butter into the flour, sifted with the cayenne. Mix the yolk of egg with the anchovy sauce, and form all into a soft paste. Roll out and cut in long, narrow strips like cheese straws. Place on a greased baking sheet, and bake in a hot oven, with the temperature lowered, for about 20 minutes, until the straws are crisp.

ANZAC BISCUITS

INGREDIENTS

1 scant cup flour	1 teaspoon bicarbonate of soda
2 cups flaked oats	$\frac{1}{2}$ cup melted butter
$\frac{1}{2}$ cup sugar	1 tablespoon golden syrup
2 tablespoons boiling water	

Method.—Mix the golden syrup, boiling water, and soda till they froth. Add the melted butter, and mix in the other ingredients. Drop in small spoonfuls on a floured baking sheet, leaving room for the biscuits to spread. Bake in a slow oven for about 10 minutes. These biscuits should be stored in an airtight tin, immediately they are cold.

CHEESE SCONES

INGREDIENTS

2 cups flour	1 oz. butter
2 teaspoons baking powder	2 oz. grated cheese
$\frac{1}{2}$ teaspoon salt	Milk

Method.—Sift flour, baking powder, and salt. Rub butter lightly in with the tips of the fingers. Add cheese and mix well. Working quickly, stir in enough milk to form all into a dough. Cut into shapes, and bake at once on a floured scone tray (heat the tray beforehand) in a hot oven, for about 8 minutes.

CINNAMON LOAF

INGREDIENTS

2 oz. sultanas	1 cup milk (bare)
1 oz. ground cinnamon	2 cups flour
$\frac{1}{4}$ teaspoon bicarbonate of soda	2 teaspoons baking powder
2 tablespoons sugar	

Method.—Sift the flour, baking powder, and cinnamon together. Add the sugar and sultanas, previously picked over. Dissolve the soda in the milk. Mix with the dry ingredients to a soft dough. Bake in one large or two smaller tins, well greased, and with the lid on the tin. Have a moderately hot oven, and bake from 35 to 45 minutes.

DATE NUTS

INGREDIENTS

$\frac{1}{2}$ lb. stoned dates, chopped	6 oz. sugar
$\frac{1}{2}$ lb. flour	1 egg
$\frac{1}{4}$ oz. dripping	1 teaspoon cream of tartar
$\frac{1}{8}$ teaspoon bicarbonate of soda	

Method.—Beat dripping and sugar to a cream. Add the beaten egg, mix well. Add the flour, sifted with the cream of tartar and bicarbonate of soda. Form the mixture into one lump. Roll out thinly on a lightly-floured board. Cut into an equal number of rounds. Place a little of the chopped dates on half of the biscuits, and cover with the rest. Pinch the edges lightly together. Bake, on a greased slide, in a moderate oven, till lightly browned.

MALT LOAF

INGREDIENTS

$\frac{1}{2}$ lb. flour	1 egg
1 oz. butter	$1\frac{1}{2}$ teaspoons baking powder
1 tablespoon malt extract	Milk
Salt	

Method.—Sift the flour, baking powder, and a pinch of salt into a basin. Rub in the butter. Add the malt, warmed by standing it in a cup in boiling water. Add the beaten egg and enough milk to make all into a soft dough. Bake in one large or two small tins, which need not be greased, for about 30 minutes, in a moderate oven. Salt, baking powder, or cocoa tins do admirably. The loaf may be baked with or without the lid on the tin. The top crust is softer if the lid is used.

OATMEAL BISCUITS

INGREDIENTS

7 oz. flour	3 oz. melted lard
3 oz. flaked oatmeal	$\frac{1}{2}$ teaspoon baking powder
3 oz. sugar	1 beaten egg

Method.—Sift the flour and baking powder together. Add the oatmeal and sugar. Mix well. Add the egg, and lastly the melted lard. Knead into one lump, and roll out at once. Roll very thinly. Cut into round biscuits. Bake, in a slow oven, for about 20 minutes, until just colored.

PLAIN SCONES WITH CREAM AND JAM FILLING

INGREDIENTS

$\frac{1}{2}$ lb. flour	Milk
1 tablespoon butter	$\frac{1}{2}$ gill cream
1 $\frac{1}{2}$ teaspoons baking powder	1 tablespoon apricot or other jam
Pinch salt	

Method.—Sift the flour, baking powder, and salt into a basin. Rub in the butter with the finger-tips. Make a well in the centre. Stir in enough milk to make a soft, but not wet, dough. Place at once on a lightly-floured board. Working quickly, press out the dough with your hand, till it is about 1 to 1 $\frac{1}{2}$ inches thick. With a sharp knife cut the scones into small squares. Bake on a hot tray, lightly floured, from 5 to 10 minutes. The oven must be hot, and the scones made and cooked quickly. Meanwhile, whip the cream stiffly and mix the jam lightly through it. Allow the scones to cool slightly. Break them open. Remove a little of the centre. Fill them with the cream and jam. Press together again, and serve at once. They may be served cold.

PUMPKIN SCONES

INGREDIENTS

1 cup cold mashed pumpkin	4 oz. sugar
2 cups S.R. flour	1 oz. butter
1 egg	

Method.—Beat the butter and sugar to a cream. Add the egg. Beat again. Add the pumpkin and flour. Form all into a dough quickly and lightly. Roll on a floured board. Cut into shapes. Bake at once, in a hot oven, for about 10 minutes.

SHORTBREAD**INGREDIENTS**

$\frac{1}{2}$ lb. butter
 $\frac{3}{4}$ lb. flour
 4 oz. sugar

2 oz. rice flour
 Pinch salt

Method.—Sift flour, rice flour, and salt together. Add sugar and mix well. With your hand cream the butter till soft. Gradually work in the dry ingredients. Turn on to a sparsely-floured board. Divide into four, and roll into rounds, about $\frac{1}{2}$ inch thick. Pinch the edges and prick the whole surface with a fork. Place greaseproof paper on the underside of a baking sheet. Place the rounds on this, and cut each round into 8 pieces. Bake in a very moderate oven, for 30 minutes or more. Shortbread should be lightly browned. When cold, store in an airtight tin.

WALNUT LOAF**INGREDIENTS**

2 cups S.R. flour
 $\frac{3}{4}$ cup sugar
 1 cup milk

$\frac{1}{2}$ cup chopped walnuts
 Pinch salt

Method.—Sift salt with the flour. Add sugar and walnuts. Mix to a dough with the milk (as for scones). Place on a floured baking sheet, heaping the mixture up in the centre. It should resemble a large scone. Bake in a moderate oven for about 1 hour. The oven should be slightly on the hot side at first, and the temperature lowered when the outside of the loaf has set. Sultanas may be substituted for the walnuts, if preferred.

CINNAMON WHEELS**INGREDIENTS**

2 cups S.R. flour
 2 tablespoons butter

Pinch salt
 Milk

For the Filling :
 $\frac{1}{2}$ cup sugar

1 teaspoon ground cinnamon
 Butter

Method.—Sift the flour and salt. Rub the butter lightly into the flour, and mix with enough milk to make a light dough—probably about $\frac{3}{4}$ cup. It should be stiff enough to handle with floured fingers. Pat out on a floured board into a rectangular shape about $\frac{1}{2}$ inch thick.

Spread it with butter that has been softened a little, and sprinkle it with $\frac{1}{2}$ cup sugar, mixed with 1 teaspoon cinnamon.

Roll up like a thin roly-poly. Cut off slices about an inch thick. Place flat on a baking sheet, allowing them room to spread, and bake in a hot oven.

BROWNIE

Into a saucepan put 2 cups sugar, 2 cups water, 1 lb. sultanas, 2 tablespoons dripping. Bring to the boil, and simmer 5 minutes. When lukewarm, stir in 4 cups flour, into which have been sifted 1 teaspoon allspice, $\frac{1}{2}$ teaspoon ground cloves, and 1 large teaspoon bicarbonate of soda. Bake in a greased tin in moderate oven until brown and firm. Keep a couple of days before cutting.

BREAD ROLLS WITHOUT YEAST

INGREDIENTS

1 lb. flour
2 oz. butter
4 oz. sugar
2 eggs

1 teaspoon baking powder
Pinch salt
Milk

Method.—Mix the ingredients well together, and work into a stiff dough with a little milk. Roll out $\frac{3}{4}$ inch thick, and cut into rolls. Put them into a pot of boiling water which must be kept boiling, and when they rise to the top (which will be in a minute or so), take them out, and put in a pan of cold water for 1 hour. Bake the rolls then in a quick oven until light brown—about 20 minutes.

WHEATMEAL RAISIN LOAF

INGREDIENTS

1 cup flour
1 cup wholemeal flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup milk

1 egg
2 teaspoons baking powder
1 cup chopped nuts
 $\frac{1}{2}$ cup raisins

Method.—Beat the egg and sugar, and add the remaining ingredients. Bake in a greased tin, in a moderate oven for about 1 hour.

BUTTERMILK LOAF**INGREDIENTS**

2½ cups flour	2 teaspoons cinnamon
¾ cup sugar	1 teaspoon bicarbonate of soda
1 cup buttermilk	1 tablespoon melted butter
1 cup sultanas	

Method.—Mix the dry ingredients. Add the buttermilk and the melted butter. Put into a small loaf-shaped tin, and bake in a slow oven for about an hour.

This is delicious when cut in slices, buttered, and eaten fresh. If stale, sprinkle with milk and put in a hot oven. If you have no buttermilk, substitute fresh milk, and make it with self-raising flour.

NUT BREAD**INGREDIENTS**

2½ cups S.R. flour	1 cupful chopped walnuts
½ cupful Homell, or S.R. wholemeal	1½ cups milk (approximately)
¼ cupful sugar	1 egg
1 teaspoon salt	

Method.—Sift the flour and salt. Add the sugar, wholemeal, and the walnuts. Do not chop the nuts too fine. Mix all together. Add the beaten egg, and enough milk to moisten the whole into a soft dough. Put into a greased loaf tin. Let it stand 20 minutes, and bake in a moderate oven for from ¾ to 1 hour.

For a change, add raisins and a teaspoon of mixed spice, instead of the walnuts.

HOMEMADE WHOLEMEAL BREAD

Take 1 lb. wholemeal flour, 1 teaspoon bicarbonate of soda, and a good pinch of salt, well mixed. Use enough sour milk to make this into a dough (if milk is not sour, add lemon juice to turn it). Knead it well, then shape into a loaf. Bake on a floured tin for about 30 minutes. When done through it will sound hollow if tapped. Smaller loaves can be made if preferred.

DATE SCONES (1)**INGREDIENTS**

3 cups flour	2 oz. chopped and stoned dates
2 teaspoons cream of tartar	1 egg
1 teaspoon bicarbonate of soda	A pinch salt
2 oz. butter	Milk

Method.—Sift flour, cream of tartar, soda, and salt together. With the finger-tips lightly rub the butter into the flour. Add the dates. Beat the egg and add enough milk to mix the flour into a light dough. Roll out quickly and lightly, brush over with a little egg and milk. Bake at once in a moderate oven from 8 to 10 minutes.

DATE SCONES (2)

INGREDIENTS

1 lb. S.R. flour	$\frac{1}{2}$ pint milk
2 oz. butter	$\frac{1}{2}$ lb. dates
2 eggs	3 tablespoons sugar

Method.—Beat eggs with milk. Rub butter into flour, and stir in dates and sugar. Mix into a dough lightly. Cut into squares and bake in a moderate oven for about 20 minutes. This mixture is rather wet, but makes an excellent scone.

SYRUP SCONES

INGREDIENTS

1 tablespoon golden syrup	1 teaspoon lemon juice or vinegar
1 lb. S.R. flour	1 cup milk
4 oz. clarified dripping	$\frac{1}{2}$ teaspoon salt
1 tablespoon castor sugar	

Method.—Sift the flour and salt. Add the sugar, mix well, adding also if liked a tablespoon of sultanas. Dissolve the syrup in the warmed milk. Mix it into the flour, adding the lemon juice or vinegar. The dough should be just firm enough to handle. It must not be too stiff. Pat out with floured hand. Cut into three-cornered shapes, and bake in a hot oven.

BRAN BISCUITS

INGREDIENTS

2 cups bran	$\frac{3}{4}$ cup sugar
1 cup flour	Cream (or $\frac{1}{2}$ cream and $\frac{1}{2}$ milk) to mix
1 teaspoon cream of tartar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon bicarbonate of soda	

Method.—Sift the salt, cream of tartar, and soda with the flour. Add the sugar and bran, and mix well. Pour in sufficient cream to mix to a stiff paste. Roll out thinly, cut with a sharp knife into convenient shapes. Bake in a slow, moderate oven, for about 20 minutes.

SHREWSBURY BISCUITS

INGREDIENTS

8 oz. flour
4 oz. butter
4 oz. castor sugar

1 egg
Milk for glazing
2 or 3 glacé cherries

Method.—Cream the butter. Add the sugar and egg, and beat well. Sift in the flour, and mix all into a dough. Roll out as thinly as possible, and stamp out rounds with a fluted cutter. Glaze with milk. Gently press a tiny piece of cherry in the centre of each, and place the biscuits on a buttered slide. Cook in a moderate oven till crisp and golden brown, from 10 to 15 minutes.

BURNT BUTTER BISCUITS

INGREDIENTS

8 oz. butter
8 oz. sugar
8 oz. S.R. flour

1 egg
Pinch salt
Blanched almonds

Method.—Place the butter in a small saucepan. Allow it to melt and burn till light brown. Turn into a basin, allow to cool. Add the sugar and beat to a cream. Add the egg and beat again. Sift in the flour and mix well. Put out small spoonfuls on a greased slide, not too close together, place a piece of almond—about a quarter of a whole one—on each. Bake in a moderate oven till browned, about $\frac{1}{4}$ hour.

HONEY RUSKS

INGREDIENTS

8 oz. flour
1 teaspoon cream of tartar
 $\frac{1}{2}$ teaspoon bicarbonate of soda
4 oz. butter

4 oz. castor sugar
1 tablespoon honey
Grated rind 1 lemon

Method.—Cream the butter. Add the sugar and lemon rind. Mix well. Stir in the honey (warmed if too stiff), and gradually add the flour and rising sifted together. Form into a dough. Turn on to a lightly floured board and roll out $\frac{1}{2}$ in. thick. Cut in small squares and bake in a moderate oven, from 10 to 15 minutes, till golden brown.

CINNAMON BISCUITS

INGREDIENTS

1 large cup flour
4 oz. butter
4 oz. sugar
1 egg

1 oz. cinnamon
Blanched almonds
Milk for glazing

Method.—Beat butter and sugar to a cream. Add egg, beat well. Add the flour sifted with the cinnamon, working the mixture with the hand till a dough is formed. A little extra flour may be needed. Roll out thinly on a lightly-floured board, and stamp out rounds with a fancy cutter. Glaze with milk and gently press a quarter of an almond in the centre of each. Bake in a moderate oven for about 10 minutes.

ANCHOVY BISCUITS

INGREDIENTS

2 oz. S.R. flour
3 teaspoons butter
1 egg yolk
1 dessertspoon anchovy sauce

1 dessertspoon cold water
Squeeze lemon juice, cayenne
Egg yolk for glazing

Method.—Sift the flour with a pinch of cayenne into a bowl. Rub in the butter lightly. Mix the egg yolk with the lemon juice, anchovy, and water. Add just enough of this liquid to the dry ingredients to form a firm paste. Roll out thinly on a lightly-floured board and stamp out small rounds. Glaze with egg yolk, and bake on a greased slide in a moderate oven from 8 to 10 minutes.

PLAIN SWEET BISCUITS

INGREDIENTS

$\frac{1}{2}$ lb. flour
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon bicarbonate of soda
 $\frac{1}{4}$ lb. sugar

2 oz. butter
 $\frac{1}{4}$ cup boiling milk
Milk for glazing

Method.—Sift the flour, cream of tartar, and soda into a bowl. Rub in the butter lightly with the finger-tips. Pour the boiling milk over the sugar. Stir well, and add to the dry ingredients to form a soft dough. Roll out thinly (barely $\frac{1}{8}$ inch thick) on a lightly-floured board, and stamp out the biscuits. Glaze with milk and bake on a greased slide in a moderate oven from 10 to 15 minutes.

PEANUT BISCUITS

INGREDIENTS

1 cup flour
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup shelled and skinned peanuts,
 roughly chopped
 1 egg

Method.—Beat the butter and sugar to a cream. Add the egg, and beat again. Sift in the flour. Add the peanuts and mix well together. Place small teaspoons of the mixture on a greased slide, not too close together, and bake in a moderate oven for about 10 minutes, till lightly browned.

BUTTER BISCUITS

INGREDIENTS

1 lb. flour
 4 oz. butter
 1 small teaspoon baking powder

Pinch salt
 1 egg, water

Method.—Sift the flour, baking powder, and salt into a bowl. Rub in the butter lightly, and add the beaten egg and enough cold water to form a stiff paste. Roll out in an oblong, fold in three, turn, and roll out again. Repeat this folding and rolling again, and for the last time roll it out very thinly, cut in small squares or oblongs. Prick with a fork, and bake on a greased slide in a moderate oven, from 10 to 15 minutes.

COCONUT BISCUITS

INGREDIENTS

8 oz. flour
 4 oz. butter
 2 heaped tablespoons desiccated coco-
 nut

5 oz. sugar
 1 teaspoon baking powder
 1 egg
 1 tablespoon water

Method.—Beat the butter and sugar to a cream. Add the coconut, and 1 egg, and beat again. Stir in the water. Sift the flour and baking powder together, and add to the other ingredients. Mix all into a rollable dough. Turn on to a sparsely-floured board. Roll out thinly and bake on a greased slide, in a moderate oven, till crisp and lightly browned, about 15 minutes.

CHEESE STRAWS

INGREDIENTS

3 oz. flour
2 oz. butter
2 oz. finely-grated cheese
Salt

Cayenne
1 egg yolk
2 tablespoons cold water
Squeeze lemon juice

Method.—Sift the flour with a good pinch of cayenne and a small teaspoon of salt into a bowl. Rub in the butter lightly with the finger-tips. Add the cheese and mix well. Beat the egg yolk. Add the lemon juice and water. Mix by degrees with the dry ingredients, till the mixture is a stiff dough. Turn out on a lightly-floured board and roll in an oblong, about $\frac{1}{8}$ inch thick. Take a sharp knife, and cut in strips $\frac{1}{4}$ inch wide and approximately 3 inches long. Grease a baking sheet. Place the straws on this and put in a hot oven. Lower the temperature, and bake in a slow moderate oven from 8 to 10 minutes, till lightly colored. They are not sufficiently cooked if butter can still be seen bubbling along the sides of the straws. Allow to cool slightly before removing from the baking sheet. Place on a rack till cold.

SCOTCH WAFERS

INGREDIENTS

1 $\frac{1}{2}$ cups fine oatmeal
1 $\frac{1}{2}$ cups plain flour
1 cup sugar (half brown and half white)

4 oz. lard or dripping
 $\frac{1}{2}$ teaspoon bicarbonate of soda
Water

Method.—Sift the soda with the flour, rub in the dripping till the mixture is like fine breadcrumbs. Add the sugar and oatmeal, and mix well. Pour in sufficient cold water to make a firm dough. Turn on to a lightly-floured board, and roll out very thinly. Cut in fingers, and bake on a greased slide, in a slow oven, till lightly browned, about 30 minutes.

CHOCOLATE FINGERS

INGREDIENTS

8 oz. S.R. flour
4 oz. butter
3 oz. castor sugar

1 oz. cocoa
1 egg
Milk if necessary

For the Filling:
2 oz. butter

3 oz. icing sugar

Method.—Sift the flour into a bowl. Rub in the butter lightly. Add the cocoa and sugar, and mix well. Beat up the egg. Add a very little milk if the egg is small, and turn this liquid into the dry ingredients. Form all into a dough, working it well with the hand. A little extra flour may be needed before turning it on to a lightly-floured board. Roll out in an oblong, barely $\frac{1}{4}$ inch thick, cut in fingers $\frac{3}{4}$ inch wide and $2\frac{1}{2}$ to 3 inches long. Grease a baking sheet, and place the fingers on this. They may be glazed with milk or not as preferred. Bake in a moderate oven from 15 to 20 minutes. When cold, put two together with filling between. For the filling, cream the butter thoroughly, and mix in the icing sugar.

LEMON BISCUITS

INGREDIENTS

Shrewsbury biscuit mixture

Candied lemon peel, and the sugar
with it

Method.—For variety, some of the Shrewsbury mixture may be used to make a different and equally-delicious biscuit. Gather the trimmings after stamping out the Shrewsbury biscuits, and roll them in an oblong about $\frac{1}{8}$ inch thick. Cut in shapes, approximately 1 inch wide and $2\frac{1}{2}$ inches long, and brush with milk. Chop up some lemon peel and sugar small. Sprinkle the biscuits rather generously with this, pressing it gently on with the rolling pin. Place on a greased slide, and bake in a moderate oven till crisp and brown.

CHEESE BISCUITS

INGREDIENTS

4 oz. flour
2 oz. butter
2 oz. finely-grated cheese
Small teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon dry mustard

Pinch cayenne
1 egg yolk
2 tablespoons cold water
Squeeze lemon juice
Egg yolk for glazing

Method.—Sift the flour, salt, cayenne, mustard, and baking powder together. Rub in the butter lightly, add the cheese, and mix well. Beat the egg yolk, and stir in the water and lemon juice. Add sufficient of this liquid to the dry ingredients to make a firm dough. Knead slightly on a sparsely-floured board, and roll out about $\frac{1}{8}$ inch thick, and stamp out the biscuits. Place on a greased slide, glaze with beaten egg yolk, and bake in a moderate oven from 8 to 10 minutes.

ALMOND FINGERS

INGREDIENTS

1½ cups S.R. flour	1 egg
2 oz. castor sugar	5 large tablespoons icing sugar
2 tablespoons cold water	About 3 tablespoons chopped and
4 oz. butter	blanched almonds

Method.—Separate the egg, and place the white on one side. Sift the flour into a basin and rub in the butter lightly. Add the castor sugar and mix well. Beat the egg yolk and blend with the water. Add this to the other ingredients (all may not be required, so add by degrees) to form a stiff dough. Knead slightly on a sparsely-floured board, and roll out in an oblong about $\frac{1}{8}$ inch thick. Cut into fingers $\frac{1}{2}$ inch wide and 3 inches long. Leave them just as they have been cut, close together, still in an oblong. Beat the egg white slightly, and thoroughly stir in the icing sugar. Spread this evenly over the fingers, right up to the sides and ends of the oblong. Sprinkle over the almonds, and place the fingers on a greased slide, not too close together. Bake in a moderate oven from 20 to 25 minutes till the biscuits are crisp and the icing pale fawn.

CHOCOLATE CREAMS

INGREDIENTS

6 oz. flour	$\frac{1}{4}$ teaspoon allspice
4 oz. castor sugar	1 oz. grated unsweetened chocolate
3 oz. butter	1 egg, milk
$\frac{1}{4}$ teaspoon baking powder	

For the Filling :

2 oz. butter	$\frac{1}{2}$ oz. grated unsweetened chocolate
4 oz. icing sugar	1 tablespoon hot water

Method.—Beat the butter and sugar to a cream. Add the egg and beat well in. Sift the cocoa, allspice, and baking powder with the flour. Add by degrees to the other ingredients, working each lot well in, till all is a stiffish dough, and adding a little milk or extra flour as necessary. Turn on to a lightly-floured board. Knead a little, and roll out thinly. Stamp out rounds with a plain cutter, and bake on a greased baking sheet, in a slow oven, from 20 to 25 minutes. When cold, put two together with butter filling. For the filling, cream the

butter thoroughly and mix in the chocolate and sugar till smooth. Add the water, and mix thoroughly. These biscuits may be left plain or iced.

They may be finished like a Neenish cake—half of each complete biscuit iced in white and half in chocolate. A simpler method is to ice half of the number white and the other half chocolate, arranging them together on one dish. Half an unblanched almond, brown side up on white, and vice versa, completes the effect.

JAMS, PRESERVES *and* PICKLES



WHEN selecting fruit for jams and jellies, buy the best quality. The cheaper grades usually mean more waste.

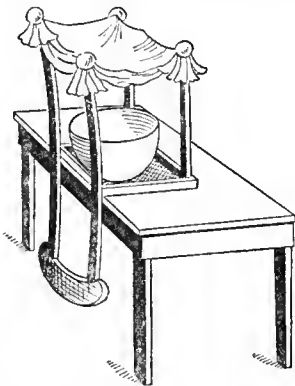
Over-ripe or very ripe fruit will seldom produce good jam. Jelly, to be a success, must be made from half-ripe fruit.

To lessen the risk of burning, when little or no water is used, smear the bottom of the pan with 3 or 4 drops of olive oil. A thick asbestos mat is a good thing to prevent jam burning. If jam is inclined to boil over, a tablespoon of butter or more, according to the surface area, placed on top of the boiling jam will prevent it.

Some jams will produce large quantities of scum, but much of this may be stirred back into the jam. This should not be done with jelly. Some scum must be removed when the jam is almost or quite cooked. It is unnecessary to skim it all off as soon as it rises, thereby losing a considerable amount of good material.

For straining jelly, an improvised stand may be made from a small table reversed, provided it has no lower shelf. The bag, which should be made in a conical shape, from flannel, has strong tapes attached in a position to tie securely to the table legs. Should flannel be unprocurable, any strong material with a close weave will answer almost as well.

To strain small quantities of jelly, place an up-ended chair on a table, and tie a square of cloth to the legs (see sketch).



Marmalade should be made when the first oranges come in, while the fruit is still fresh. It will jelly better, look better, and taste better. Good marmalade seldom results from late oranges, no matter how fast or how long it is boiled. The usual procedure when making marmalade is to boil the fruit till tender with the water. The sugar is then added, and must dissolve before the marmalade boils. Rapid boiling follows till the marmalade jells when a little is tested.

Slow boiling or over-boiling will retard the jellying and ruin the color. Crystallisation is apt to result when the marmalade is allowed to boil before the sugar has dissolved. At times it may need skimming, but generally this is not necessary. In the early stages of boiling the scum may be stirred back into the marmalade.

When testing to see if jam, marmalade, or jelly is sufficiently cooked, place a spoonful on a saucer, and put this in a draught, or float the saucer on cold water. When this small quantity has cooled slightly, remove the saucer and tilt it to one side. If wrinkles appear, the jam is sufficiently cooked, and ready to bottle, after the scum is removed.

A definite length of time cannot be laid down for the cooking, as the fruit varies so in each case. Generally speaking, a well-cooked jam will keep better than one cooked only for a short time.

All jars must be perfectly clean and dry. They may be warmed in the oven before filling in cold weather.

When dealing with large quantities of jam, this is an easy and clean way to bottle it. Spread paper over the table. Place the bottles with 2 or 3 inches between each. Take a gravy boat, dip it into the jam. Tidy off the drips with a spoon, and fill the bottles from the gravy boat. Pour only a little at a time into each jar at first, so that the glass may have time to expand slowly, and without cracking.

The jars may be covered while the jam is still hot, or when cold, as preferred. They must be made perfectly airtight.

Cut rounds of kitchen paper, large enough to extend over the tops and partly down the sides of the jars. Heat a little milk in an enamel plate, and immerse each cover, wetting both sides. Shake off superfluous drops of milk, and cover the jars, pressing firmly on round the sides. Allow to dry before storing.

Jams and preserves should be stored in a dark place.

When using jars with screw lids, place a rubber band inside each lid to make them airtight.

MELON AND QUINCE JAM

INGREDIENTS

6 lb. melon

3 lb. quinces

9 lb. sugar

(weighed after cutting up.)

Method.—Remove the skin and seeds from the melon. Cut the flesh up, and put it through the mincer. Cover with 2 or 3 lb. sugar, and leave overnight. Next day peel and core the quinces. Mince them, and place in the preserving pan with the melon and liquid. Bring to the boil, and cook for $\frac{1}{2}$ hour. Add the rest of the sugar. Boil till thick and a little will set when tested.

VEGETABLE MARROW JAM

INGREDIENTS

8 lb. vegetable marrow (weighed when cut up)	1 or 2 oz. preserved ginger
12 lemons	8 lb. sugar

Method.—Prepare the marrow in the usual way, removing skin and soft centre. Cut the flesh into small chunks. Place in a basin with 2 lb. sugar strewn over, and leave all night. Next day boil till the flesh is soft. Add the ginger, finely chopped, the strained juice of the lemons, and the remainder of the sugar. Boil fast till thick and a good color. Test in the usual way.

GOOSEBERRY JAM

INGREDIENTS

6 lb. gooseberries	6 pints water
12 lb. sugar	

Method.—Top and tail the fruit, and place in a preserving pan with the water. Boil for about $\frac{1}{2}$ hour, till the fruit is soft. Add the sugar. Stir well, and continue to boil till the jam is thick and will set when tested.

MELON JELLY

INGREDIENTS

12 to 15 lb. melon	Sugar
10 to 12 lemons	

Method.—Cut up the melon, including skin and seeds, and place overnight in a large basin, with 2 lb. sugar strewn over. Slice the lemons thinly, place them in another bowl. Cover with boiling water, and leave overnight. Next day, put all in a preserving pan, and boil till the fruit is tender. Strain through a bag, measure the liquid, and return it to a clean preserving pan. Bring to the boil, and add the sugar, allowing $\frac{3}{4}$ lb. to each pint of liquid. Add the sugar in two, three, or four lots, not all at once, and allow the jelly to come to the boil each time before adding more sugar. Boil quickly, and test in the usual way.

MELON AND ORANGE JAM

INGREDIENTS

10 lb. melon (weighed after cutting up)	10 lb. sugar
4 large oranges	

Method.—Remove the skin and seeds from the melon, and cut the flesh into neat chunks. Slice the oranges finely. Place all in a basin, and strew over 3 or 4 lb. sugar. Allow to stand all night, and next day boil till the fruit is soft. Add the remainder of the sugar. Cook till a good dark color, and test in the usual way.

LEMON JELLY

INGREDIENTS

Lemons (not too ripe)
Water

Sugar

Method.—Allow 1 pint water to each lemon. Slice the fruit finely. Cover with the water, and allow to stand for 2 days. Place all in the preserving pan, and boil fast for 2 hours. Strain and measure the liquid, allowing 1 lb. sugar to every pint. Return the liquid to a clean pan. Bring to the boil. Add the sugar in two or three lots, and boil till a little will set when tested.

TOMATO JAM

INGREDIENTS

8 lb. half-ripe tomatoes
6 lemons

Sugar

Method.—Peel the tomatoes, and cut them into 4. Pare the lemons, and cut into the finest possible shreds. Cut up the rest of the lemon, removing the pips, and place all in a basin. Cover with the sugar, and allow to stand all night. Next day put all into a preserving pan, and boil till it will jell when tested.

APRICOT AND PASSIONFRUIT JAM

INGREDIENTS

8 lb. apricots
2 doz. passionfruit

6 lb. sugar

Method.—Wipe the apricots. Cut them open, remove the stones. Remove the pulp from the passionfruit, and place all the fruit in a basin. Cover with the sugar, and leave all night. Next day put into a preserving pan, and boil till the jam thickens.

RHUBARB AND LOGANBERRY JAM

INGREDIENTS

3 lb. rhubarb (weighed after cutting up)
3 lb. loganberries

6 lb. sugar
A little water

Method.—Place the loganberries in a basin. Strew over them 1 or 2 lb. sugar and leave overnight. Next day, remove the stringy parts of the rhubarb. Cut the fruit into blocks, place in a preserving pan. Add the rest of the sugar, and a little water, about 1 cup. Cook, over a gentle heat, till the rhubarb is soft. Add the loganberries and their juice, and bring all to the boil. Cook till a dark color and the jam will set when tested.

GRAPE JAM

INGREDIENTS

4 lb. muscatels (black or white, or 3 lb. sugar both)

Method.—Strip the grapes, wash them, and place in a preserving pan. Crush them slightly, and bring slowly to the boil. Cook for $\frac{1}{2}$ hour. Add the sugar, and stir till it dissolves. Bring to the boil again, and cook till the jam thickens, removing the seeds as they come to the top.

CAPE GOOSEBERRY JAM

INGREDIENTS

6 lb. cape gooseberries

$\frac{3}{4}$ lb. sugar to 1 lb. prepared fruit

Method.—Remove the husks from the fruit. Weigh it, and allow sugar in the proportion given. Slice the fruit, cover with the sugar, and leave overnight. Next day, put all into a preserving pan, and boil till a good color and the jam thickens.

DRIED APRICOT AND PINEAPPLE JAM

INGREDIENTS

1 lb. dried apricots

Boiling water

1 medium-sized pineapple

Sugar

3 pints cold water

Method.—Place the apricots in a good-sized bowl. Pour over them boiling water to cover. Allow to stand for a minute or two, and pour off the water. Cover the apricots with the cold water, and allow to stand from 24 to 36 hours. Peel the pineapple, and break up the flesh finely. Weigh the pineapple and juice, the apricots and water, and place them in the preserving pan. Allow $1\frac{1}{2}$ lb. sugar to each 1 lb. fruit, water, etc. Bring to the boil, and cook for $\frac{1}{2}$ hour. Add the sugar, and boil till the jam will set when tested.

PEACH AND PINEAPPLE JAM**INGREDIENTS**

6 lb. peaches
2 medium-sized pineapples

Sugar
Water

Method.—Peel and stone the peaches. Peel the pineapple, and put the flesh through the mincer, saving all the juice possible. Weigh the fruits and juice, and to every 1 lb. allow 1 lb. sugar and $\frac{1}{2}$ pint water. Place all in a preserving pan, and bring slowly to the boil to allow the sugar to dissolve. Then boil till the jam will set when tested.

LOQUAT JELLY**INGREDIENTS**

Loquats, not too ripe
Water

Lemons
Sugar

Method.—Wipe the loquats, cut up, and place them in a preserving pan. Cover with cold water, bring to the boil, and cook for 2 hours. Strain through a bag, measure the liquid, and to every pint allow 1 lb. sugar, and the juice of $\frac{1}{2}$ lemon. Place the liquid and lemon juice in a clean pan. Bring to the boil. Add the sugar, stir well to dissolve. Bring to the boil again, and cook till it will jelly when tested.

QUINCE JELLY**INGREDIENTS**

5 to 6 lb. quinces
4 lb. sugar

6 pints water

Method.—Wipe the quinces. Leave them whole, and place in a preserving pan with the water and sugar. Bring gradually to the boil, and cook till the jelly is a good color, and will set when tested. Remove the quinces, which are delicious eaten cold, with cream or custard, the core being the only portion discarded. Bottle the jelly in the usual way.

GRAPEFRUIT, ORANGE, AND PINEAPPLE JAM**INGREDIENTS**

1 lb. grapefruit

1 lb. orange

1 lb. pineapple

(weighed after cutting up.)

7 pints water

6 lb. sugar

Method.—Slice the grapefruit and orange finely. Peel the pineapple, and crush up the flesh, saving the juice. Place all in a basin, cover with the water, and allow to stand for 36 hours. Put into a preserving pan, bring to the boil. Add the sugar, and boil fast for about 1 hour, till it will set when tested.

APPLE JELLY

INGREDIENTS

6 lb. half-ripe apples
Sugar

Water
Lemon juice

Method.—Wash the apples, and quarter them without peeling or coring. Place in a preserving pan, barely cover with water, and cook slowly till the apples are pulp. Strain through a bag. Measure the liquid, and to every 1 pint allow 1 lb. sugar and the juice of $\frac{1}{2}$ lemon. Return the liquid to a clean pan. Add the lemon juice, bring to the boil. Add the sugar, and cook till it will jelly when tested.

RASPBERRY JAM

INGREDIENTS

8 lb. raspberries

6 lb. sugar

Method.—Place the fruit in a large basin. Strew over half the sugar, and let stand overnight. Next day place in a preserving pan with the rest of the sugar. Bring to the boil, and cook fast till the jam thickens and is a good color.

STRAWBERRY JAM

INGREDIENTS

Firm ripe strawberries

Crystal sugar

To every pound of hulled fruit allow $\frac{3}{4}$ lb. sugar. Pick over the berries carefully, and place them on a large shallow dish. Sprinkle half the sugar over them, and allow to stand in a cool place overnight. In the morning strain off the juice into the preserving pan, and add to it the rest of the sugar. Dissolve this over a low heat, bring to the boil, and skim if necessary.

Put the strawberries into the liquid and cook gently until a spoonful of the juice jells when tested. Keep the fruit as whole as possible.

STRAWBERRY AND RED-CURRENT JAM**INGREDIENTS**

4 lb. strawberries
2 lb. red currants

4 lb. sugar

Method.—Put 2 lb. red currants into pan. Cover with cold water, bring to boil, and mash. Simmer gently for 20 minutes, and strain through jelly cloth. There should be about $\frac{1}{2}$ lb. of extract.

Put into pan with strawberries, and simmer for 30 minutes. Add 4 lb. sugar and boil briskly for 15 minutes, stirring well. Test on saucer. Cook longer if necessary.

PINEAPPLE AND CHERRY JAM**INGREDIENTS**

6 lb. Kentish cherries
1 medium-sized pineapple

5 lb. sugar

Method.—Shred the pineapple and put 2 lb. sugar over it. Let stand several hours. Wash and stone 6 lb. Kentish cherries. Add to pineapple, and boil about 25 minutes, or till fruit is tender. Add 3 lb. more sugar and boil quickly. Test on saucer to see if it will jelly.

QUINCE HONEY**INGREDIENTS**

To each quince :
1 lb. sugar

1 pint water

Method.—Peel and grate quinces, allowing 1 pint of water and 1 lb. of sugar to each quince.

Bring quickly to the boil, and boil fast for about 1 hour. Test in the usual way.

ORANGE JELLY**INGREDIENTS**

6 oranges
2 lemons

6 pints water
Sugar—1 lb. to 1 lb. pulp

Method.—Slice 6 oranges and 2 lemons. Add 6 pints water. Put in pan and boil about 1 hour or till it becomes pulpy. Strain through jelly bag (do not squeeze), weigh juice. Add 1 lb. sugar to each lb. of liquid. When it starts to boil again, skim and boil till it will jelly—usually about 1 hour.

SWEET ORANGE MARMALADE**INGREDIENTS**

12 small navel oranges
2 lemons

Water
Sugar

Method.—Wipe the fruit, and weigh before slicing it thinly. Remove the lemon pips. Place the fruit in a large basin, and cover it with water, in the proportion of $2\frac{1}{2}$ pints to every 1 lb. fruit. Allow it to steep for 24 hours. Next day, place in a preserving pan, and boil fairly quickly till the skins are tender. Turn into a basin, and allow to stand for a further 24 hours. Now weigh the fruit and juice (or measure it if this is easier), and to every 1 lb. allow $1\frac{1}{4}$ lb. sugar. When measuring it, remember that a pint represents $1\frac{1}{4}$ lb. Place the fruit and juice in a preserving pan. When nearly boiling, add the sugar in several lots, stirring each well in to dissolve it. Cook rapidly till the marmalade sets, that is, when a little placed on a cold plate will jelly when it becomes cold. Take up the marmalade immediately—you may ruin the color with a few minutes' over-boiling. Pot it while hot, and seal when cold.

ORANGE SHRED MARMALADE**INGREDIENTS**

2 lb. oranges
4 pints water

Sugar

Method.—Wipe the oranges, and peel off the rind thinly. Cut it into fine strips with a pair of scissors or shredder. Allow it to steep in 2 pints of cold water for 4 hours. Place in a preserving pan, and boil gently till tender. Meanwhile, remove all the white pith from the remaining fruit. Slice the fruit, and place it in another pan with 2 pints cold water. Cook gently till tender. Pass the pulp through a sieve. Mix with the contents of the first pan. Measure the whole, and to every cupful allow 1 cup sugar. Bring the fruit almost to the boil, add the sugar, in 2 or 3 lots, and stir each in till dissolved. Boil rapidly till a little will jelly when tested.

ONE-ORANGE MARMALADE**INGREDIENTS**

1 large navel orange
1 large lemon

Water
Sugar

Method.—Wipe the fruit and slice it finely, discard the lemon pips. Measure the sliced fruit, and to each cupful allow 3 cups cold water.

Place the fruit and water in a basin till next day. Place in a preserving pan, bring to the boil, and cook at a gallop for 15 minutes. Turn into a basin, and stand aside till the next day. Measure the boiled fruit and juice, and to each cupful allow 1 cup sugar. Proceed as in the previous recipe till a little will set when tested.

SEVILLE ORANGE MARMALADE

INGREDIENTS

9 Seville oranges
1 large lemon

Water
Sugar

Method.—Wipe the fruit, weigh, and peel it. Cut the peel into fine shreds with a pair of scissors (or use a shredder). Cut the fruit in thin slices, discarding the pips, and place in a basin with the shredded peel. Cover with water, allowing 2 pints to every 1 lb. fruit. Allow to steep overnight. Next day place the fruit and water in a preserving pan, and boil till the fruit is tender. Allow to become cold, weigh it, and to each 1 lb. allow 1 lb. sugar. Dissolve the sugar before the marmalade boils, and cook and test as directed in the previous recipe.

GRAPEFRUIT MARMALADE (1)

To 1 lb. grapefruit, allow $1\frac{1}{2}$ pints water and $1\frac{1}{2}$ lb. sugar. Wipe the fruit, weigh it, and place in a preserving pan with the required amount of water. Place a plate on top of the grapefruit to prevent them from floating, and boil gently till the fruit is tender. Drain off the liquor, and reserve it. Place the fruit on a plate, quarter it, scrape out the pulp, and pass it through a sieve. Cut the skins as finely as possible (scissors are invaluable), and place with the sieved pulp and liquor in a pan. Bring almost to the boil, and stir in the sugar in two or three lots, allowing it to dissolve thoroughly. Proceed as directed previously.

GRAPEFRUIT MARMALADE (2)

INGREDIENTS

To 1 lb. grapefruit allow 2 pints water and 3 lb. sugar

Method.—Wipe the fruit, weigh it, cut each into quarters. Remove the seeds and centre pith. Place these in a small basin, covered with small quantity of the water. Finely slice the remaining fruit,

2 quarts water

1 lb. 7 1/2

and place in a basin with the remaining water. Allow both to steep for 24 hours. Strain the water from the pips and pith. Add to the fruit, and place all in a preserving pan. Boil fast for 1 hour. Add the sugar, dissolve it, and boil fast for 1 hour longer.

GRAPEFRUIT MARMALADE (3)

INGREDIENTS

1 large grapefruit	Water
2 medium-sized lemons	Sugar
3 medium-sized sweet oranges	

Method.—Wipe the fruit. Slice it finely, removing the seeds. Measure the fruit. Cover it with water, allowing to each cupful 3 cups water, and allow to stand for 24 hours. Next day boil fast for 15 minutes. Allow it to stand for a further 24 hours. Measure the pulp, and to every pint allow 1 lb. sugar. Proceed as in previous recipe.

POORMAN ORANGE MARMALADE

INGREDIENTS

4 lb. poorman oranges	12 lb. sugar
8 pints water	

Method.—Wipe the oranges. Slice them finely. Cover with the water. Allow to stand overnight. Next day boil till the fruit is soft. Add the sugar, stirring well to dissolve it, and boil fast till a little will jelly when tested.

LEMON MARMALADE

To every 2 lemons allow 1 pint water and 1 lb. sugar. Wipe the lemons, peel them thinly, and cut the peel in fine shreds. Slice the flesh, discarding the seeds. Cover with *half* the quantity of water required in proportion to the fruit. Allow to steep overnight. Also soak the shredded peel separately in a small quantity of extra water overnight. Next day discard this water, and add the drained peel to the pulp and water. Place all in a preserving pan. Add the remaining half quantity of water and boil fairly rapidly for 2 hours. Add the sugar, dissolve it thoroughly, and boil fast till the marmalade will jelly when tested.

SHADDOCK MARMALADE

Weigh the fruit, and allow an equal quantity of sugar. Wipe the shaddocks, and put them whole into a preserving pan. Cover them

with cold water, and bring to the boil. Drain, and throw away the liquid. Cover with fresh water, and boil gently till the rinds may be easily pierced with a skewer. Drain, reserve the liquid. Cut the fruit, skins, pulp, and pith into very thin slices, discarding the pips. Place in a preserving pan with 1 pint of the reserved liquid, and half the proportion of sugar allowed. Simmer gently for $\frac{1}{2}$ hour. Add the remainder of the sugar, and boil till the marmalade will set when tested.

APPLE MARMALADE

INGREDIENTS

Allow the rind of 1 lemon and $\frac{1}{2}$ oz. Allow $\frac{3}{4}$ lb. sugar to every 1 lb. apples preserved ginger to 3 lb. apples

Method.—Peel, core, and slice the apples (the greener the better), and place them in cold water till required. Cover the peels and cores with cold water, and boil gently to extract the goodness—for about 1 hour. Strain, and place the liquid in a preserving pan with the sliced apples (drained from the water in which they were standing). Boil to a pulp, add the finely-pared lemon rinds, cut in thin shreds, the ginger cut small, and the sugar. Boil for $\frac{1}{2}$ hour longer, till a little will set when tested.

AMERICAN ORANGE MARMALADE

INGREDIENTS

6 Seville oranges
1 lemon

2 quarts water
 $3\frac{1}{2}$ lb. sugar

Method.—Wipe the fruit, and slice it very thinly. Remove the pips, reserve them, and cover with 1 cup water. Place the sliced fruit in a separate basin. Cover with the remaining water, and allow both to stand for 36 hours. Strain the liquid from the pips. Add to the fruit and water, and place all in a preserving pan. Boil for 2 hours. Add the sugar, stir well to dissolve it, and boil for a further 2 hours, stirring often, to prevent burning.

CARROT MARMALADE

INGREDIENTS

To every 1 lb. carrot pulp, allow 1 lb. sugar, 1 lemon, and 6 bitter almonds

Method.—Scrape the carrots, boil them till tender. Rub through a sieve. Chop the blanched almonds small. Grate the rind of the lemons, and extract and strain the juice. Add these to the pulp with the sugar, and boil for $\frac{1}{2}$ hour.

GINGER MARMALADE

INGREDIENTS

1 lb. Seville oranges
2 lb. sugar

2 pints water
6 oz. preserved ginger

Method.—Wipe the oranges, place them whole in a pan with the water. Cook gently till perfectly tender. Allow to stand till cold, drain, and reserve the liquid. Cut the fruit in quarters, remove the pith and pulp, and pass it through a sieve. Return to the pan with the reserved liquid. Add the sugar, and bring to the boil, making sure the sugar is first dissolved. Add the ginger, cut in small pieces, and cook till the marmalade will set when tested.

CUMQUAT MARMALADE

Wipe the fruit carefully. Cut into quarters, and, if too large, cut again. Put them into a bowl with enough water to cover them and let them stand overnight. Before putting the fruit on to boil, measure it into cups, and for every cup of fruit and water add a cup of sugar when the fruit is boiled soft. Boil briskly for 20 minutes, when the fruit should be ready to bottle.

CHUTNEYS, SAUCES, PICKLES

It is important when making chutneys, pickles, etc., to see that you have all the ingredients before you start, as in most cases many different spices are needed to get the right flavor, and the omission of any will often spoil the result.

Always save odd jars and bottles.

Corked things can easily be made airtight by firmly pushing corks in and then dipping in liquid paraffin wax.

If using a screw top without a cardboard disc inside, cut small rounds of paper, dip into liquid paraffin wax, put in top of cap, and screw on. It will be airtight when it sets.

All fruits and vegetables must be sound.

White vinegar may be used instead of malt. Onions look better if done in white vinegar.

Vinegar is better poured hot on such things as plums, walnuts, and gherkins, but cold (boil first with spices and then cool) on such things as cabbages, onions, etc.

Chutneys, sauces, and pickles should be left for some time before using, to let the flavor go through them.

Use a stainless knife for cutting and a wooden spoon for stirring.

APPLE CHUTNEY**INGREDIENTS**

2 lb. apples, peeled and cored	1 teaspoon ground allspice
1 lb. onions, peeled	$\frac{1}{2}$ teaspoon cayenne pepper
1 lb. sugar	1 teaspoon salt
A little garlic	Vinegar

Method.—Chop the apples and onions finely. Put into pan with the allspice, cayenne, sugar, and salt. Cover with vinegar and boil 4 hours.

APPLE AND LEMON CHUTNEY**INGREDIENTS**

6 lb. green apples	2 tablespoons mustard seed
4 lemons	1 tablespoon ground ginger
4 lb. onions	2 lb. seeded raisins
3 lb. brown sugar	2 quarts vinegar (malt)
Pepper and salt to taste	

Method.—Peel and core the apples and peel the onions. Put through mincer with raisins. Put all into pan with juice and grated rind of 4 lemons and all other ingredients. Bring to boil, simmer slowly till tender, stirring well. When cold, bottle and seal.

FIG CHUTNEY**INGREDIENTS**

6 lb. figs	1 teaspoon cayenne pepper
$\frac{3}{4}$ lb. raisins	2 quarts vinegar
$\frac{1}{2}$ lb. preserved ginger	1 $\frac{1}{2}$ lb. brown sugar
2 lb. onions	2 teaspoons salt
$\frac{3}{4}$ lb. dates	

Method.—Cut green figs into pieces, also dates and preserved ginger.

Boil vinegar with the sugar. Pour on to other ingredients, and let stand all night. Next day boil for about 3 hours or till thick and dark.

PLUM CHUTNEY**INGREDIENTS**

2 lb. dark plums	1 lb. brown sugar
1 lb. raisins	1 oz. garlic
$\frac{1}{2}$ lb. dates	$\frac{3}{4}$ oz. chillies
1 lb. carrots	2 oz. salt
2 oz. ground ginger	1 pint vinegar

Method.—Grate the carrots finely, add the stoned plums, dates, and raisins. Put all into pan with a pint of vinegar, and boil gently till quite tender. Add salt, sugar, garlic, ginger, and chillies. Let all cook gently, stirring often, till the mixture is thick. Bottle and seal down.

TOMATO CHUTNEY (1)

INGREDIENTS

13 lb. tomatoes (just coloring)	$\frac{1}{2}$ lb. sugar
2 $\frac{1}{2}$ lb. onions, peeled	$\frac{1}{2}$ lb. raisins
4 $\frac{1}{2}$ lb. apples, peeled and cored	$\frac{1}{2}$ packet spice
$\frac{1}{4}$ lb. salt	1 dessertspoon ground ginger
1 teaspoon cayenne	Vinegar

Method.—Cut up the tomatoes, onions, and apples. Put in pan with sugar, salt, raisins, spice, ground ginger, and cayenne pepper. Cover with vinegar, and boil about 4 hours.

TOMATO CHUTNEY (2)

INGREDIENTS

4 lb. tomatoes	4 medium-sized onions
1 $\frac{1}{2}$ tablespoons curry powder	3 $\frac{1}{4}$ cups sugar
1 $\frac{1}{2}$ pints vinegar	1 $\frac{1}{2}$ tablespoons mustard
10 to 15 chillies	

Method.—Peel onions and tomatoes. Cut them up finely, and place in separate basins. Sprinkle each with salt, and allow to stand overnight. Next day drain off the liquid. Blend curry powder and mustard with a little of the vinegar. Place onions and remaining vinegar in a preserving pan. Boil for 10 minutes. Add tomatoes, chillies, and sugar. Bring to the boil again. Add the blended curry, etc., and boil from 1 to 1 $\frac{1}{2}$ hours.

PLUM SAUCE

INGREDIENTS

2 lb. sugar	2 teaspoons allspice
6 lb. plums	2 teaspoons black pepper
3 pints vinegar	6 teaspoons salt
3 teaspoons cloves	1 teaspoon cayenne pepper
2 teaspoons ground ginger	

Method.—Put the plums, sugar, vinegar, salt, cayenne, ground ginger into a pan. Also (tied in a muslin bag) cloves, allspice, and black pepper. Boil till stones separate, then strain. Bottle when cold, and cork securely.

TOMATO SAUCE

INGREDIENTS

12 lb. tomatoes	1 oz. whole pepper
1 large onion, peeled and finely sliced	1 oz. cloves
1½ pints vinegar	1 whole nutmeg, grated
2 tablespoons Worcester sauce	1 pint sherry
¼ lb. salt	Cayenne to taste

Method.—Cut up the tomatoes, sprinkle with the salt, and let stand for 24 hours. Put the onion and tomatoes on to boil, add (tied in a muslin bag) the whole pepper and cloves. Boil 2 hours or more, remove bag, and strain through sieve. Add Worcester sauce, vinegar, cayenne pepper to taste, and grated nutmeg. Boil very slowly for 3 or 4 hours, till it has thickened. Twenty minutes before taking off the fire add 1 pint of sherry. Bottle, but do not seal till the following day.

PICKLED ONIONS

INGREDIENTS

Small pickling onions	1 oz. peppercorns to each quart
Vinegar to cover	vinegar
1 dessertspoon salt to each quart	½ oz. whole ginger
vinegar	

Method.—Remove the outside skins of the onions. Tie the peppercorns and ginger in a muslin bag. Boil the vinegar, salt, pepper, and ginger together for 5 minutes. Add the onions and boil for 10 minutes. Leave to cool, and remove the muslin bag. Remove the onions from the vinegar. Pack them closely into jars, then fill the jars with vinegar. Make airtight with covers.

GREEN TOMATO PICKLE

INGREDIENTS

12 lb. green tomatoes	½ lb. brown sugar
Salt	½ oz. cloves
1 quart vinegar	Peppercorns
Mustard	

Method.—Slice the tomatoes, put them in a bowl in layers with salt over each layer. Leave till the next day, then drain off the liquid. Put the tomatoes into an enamel pan with the vinegar, sugar, and cloves and peppercorns (tied in a muslin bag). Boil all together till the tomatoes are quite soft. Leave till cool, remove the bag, then bottle and cover.

SWEET PICKLE

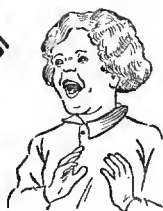
INGREDIENTS

2 lb. damsons	1 stick cinnamon
1 lb. sugar	1 blade mace
$\frac{1}{2}$ pint white vinegar	2 cloves

Method.—Cut the fruit in halves and remove stones. Place in a preserving pan with the sugar. Heat slowly and stir till the sugar has dissolved. Then boil slowly, till the fruit is soft. Add the vinegar and spices (tied in a muslin bag), and boil for 5 minutes more. Remove the fruit from the pan, and drain it in a colander. Boil the liquid till it becomes syrupy, and, when the fruit has drained, pack it closely in jars, and pour over it the boiling syrup. Cover closely.



TOFFIES AND CANDIES



SWEET-MAKING is not the difficult matter most home cooks think it.

Nobody need have a failure with uncooked sweets, of which there are many.

All one needs for success with cooked ones is willingness to experiment and to learn from experience.

In fudges and toffees the great thing is to get the sugar and water mixture boiled to the right degree. A sugar thermometer is best for making all boiled sweets. As it is not included in the average housewife's equipment, here are tests for the different degrees:

217° is reached when syrup, cooled in water, then pulled out from the prongs of a fork with the finger-tips, will spin a long thread.

237° is reached when a little, cooled in water, can be rolled into a small soft ball.

At 247° the cooled syrup can be rolled into a larger, harder ball.

At 312° the cooled syrup gets brittle and breaks, and will not stick to the teeth when bitten.

Syrup should always be removed from heat when testing, as the time involved in making the test may allow the mixture to overboil.

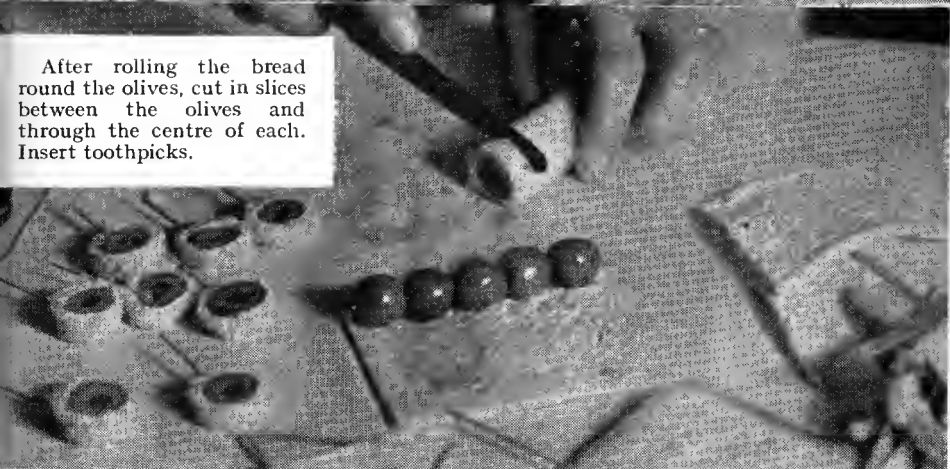
When making sweets, have everything scrupulously clean. Wash and dry your hands frequently when handling fondants and sticky sweets. Add flavorings carefully. Color sweets delicately, not crudely.

FRENCH FONDANT

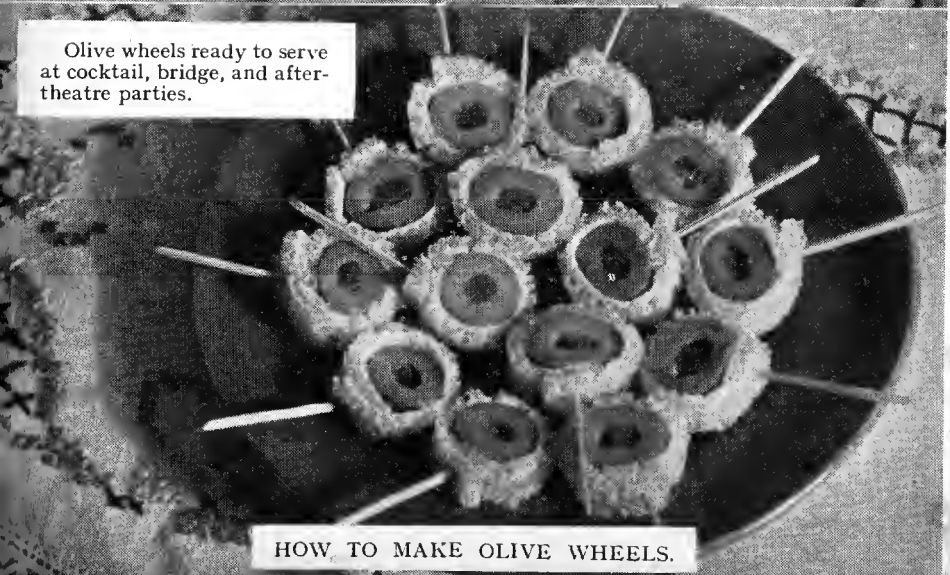
Take 1 lb. icing sugar. Sift it and roll it free of lumps. Mix into it a saltspoon cream of tartar. Add to this the beaten white of an egg, and enough cream to make the fondant easy to work. It must be pliable, but not sticky. If it is too sticky add more sugar. About $\frac{1}{2}$ gill cream may be needed. Knead into a soft workable cream. Let it rest for about an hour. This fondant is then ready to be flavored or used in any way.



Olive wheels are popular savories. (†) Cut thin slices of bread (brown or white). Place stuffed olives close together on each slice near the edge. (See page 299.)



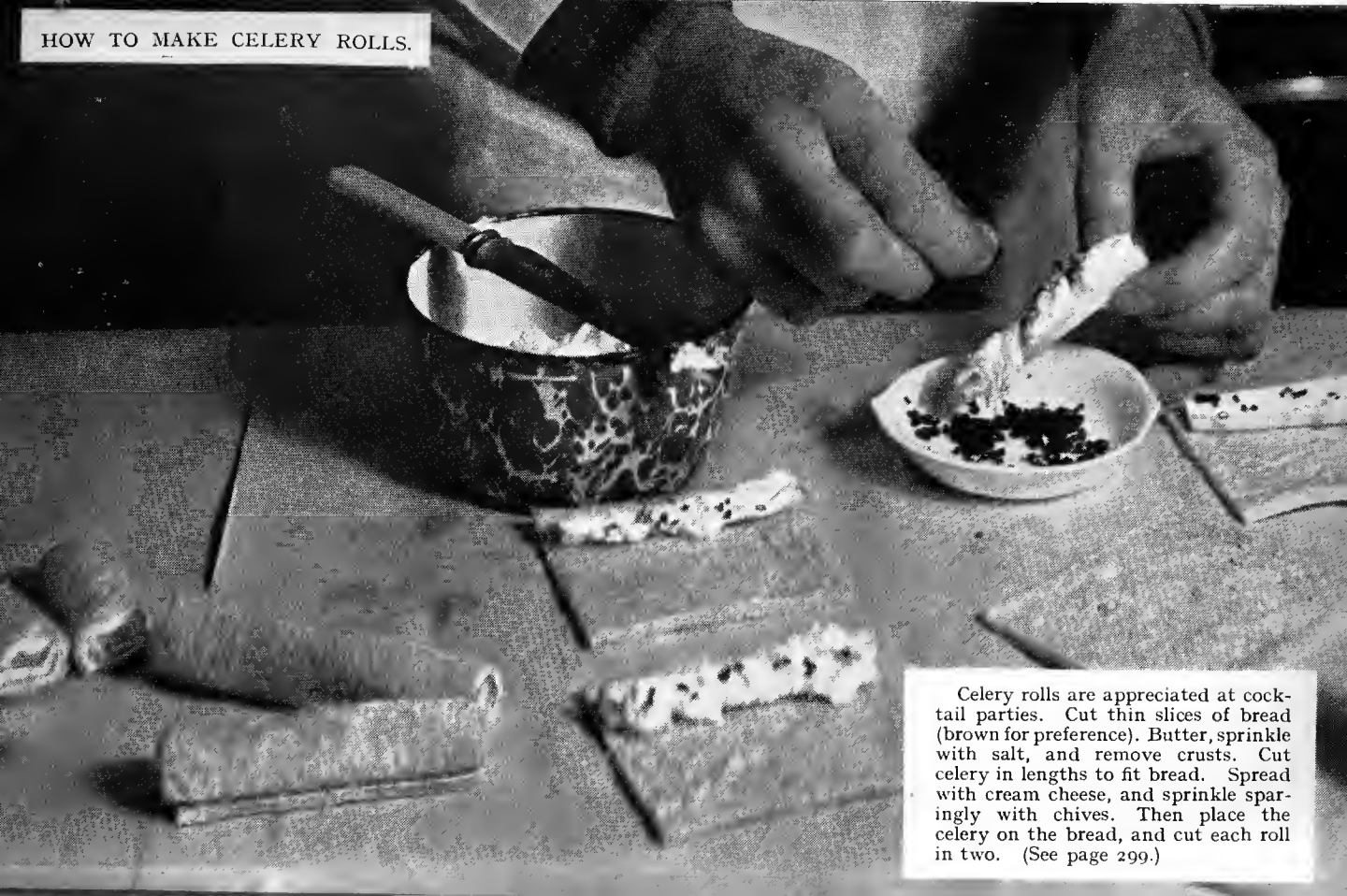
After rolling the bread round the olives, cut in slices between the olives and through the centre of each. Insert toothpicks.



Olive wheels ready to serve at cocktail, bridge, and after-theatre parties.

HOW TO MAKE OLIVE WHEELS.

HOW TO MAKE CELERY ROLLS.



Celery rolls are appreciated at cocktail parties. Cut thin slices of bread (brown for preference). Butter, sprinkle with salt, and remove crusts. Cut celery in lengths to fit bread. Spread with cream cheese, and sprinkle sparingly with chives. Then place the celery on the bread, and cut each roll in two. (See page 299.)

FLOWER CREAMS

Take small pieces of French fondant and roll them neatly. On oblong pieces place a row of lilac petals. Make rounds for roses, put an indentation in the centre, and put 3 petals in it. Violets look well on a ball of fondant, and may have green leaves of angelica or crystallised mint.

PEPPERMINT CREAMS

Take some French fondant and flavor with 1 or 2 drops of oil of peppermint. Add the peppermint carefully, for the sweets will be spoilt if over-flavored and the oil is strong. Work well in, and roll the fondant into even-sized balls. Let them dry a little, then dip each ball into melted chocolate (use a skewer to dip the balls), and put carefully on a buttered plate to harden. Instead the balls may be iced with chocolate icing, made with icing sugar, cocoa, and water. In making the chocolate icing it will be found an improvement to boil the cocoa and water together for a few minutes.

PINEAPPLE CREAMS

Take pieces of fondant and roll them neatly. Then flatten and put between slices of crystallised pineapple. Other varieties may be made in the same way by using figs, ginger, and so on.

COFFEE WALNUTS

Make a coffee fondant, using coffee instead of cream as in the French fondant. The coffee must be strong. About 2 tablespoons will probably be required. If coffee essence is used take 1 tablespoon and 1 of water. After letting it rest for a while take small pieces, roll into balls, put half a walnut on each, and put aside to set.

FRUIT CREAMS

Fruit creams may be made by using fruit juice instead of cream in making the fondant. Orange and lemon flavor are especially good, and may be decorated with small pieces of the crystallised fruit, or they may be decorated with crystallised petals.

ORANGE SLICES

Take a packet of orange jelly. Make it in the ordinary way, but use only one-third the usual amount of liquid, to which has been added the juice of a juicy orange, together with the grated rind. Before it is cold strain it and pour a little into small patty pans. When set cut into halves. Now roll out $\frac{1}{4}$ lb. of fondant thinly. Cut into narrow strips, and with a little white of egg press it round the curved sides of the slices. Roll in castor sugar and allow to dry. Lemon slices may be made in the same manner, using lemon jelly and lemon juice.

Use orange- or lemon-flavored fondant.

ALMOND CHOCOLATES

These have a centre of almond or are vanilla-flavored. French fondants are chocolate-coated, and have a white almond pressed into the top.

Walnut chocolates are made in the same way.

CHOCOLATE ROYALS

Chocolate Royals are easy to make. Roll small pieces of French fondant into small balls, and set aside for an hour or two to dry. Then melt some chocolate over hot water and, spearing the balls with a skewer, dip them in the chocolate, coating them well. Drop them in a dish of desiccated coconut and cover the chocolate well with coconut. Put aside to set. These can be coated with finely-chopped walnuts instead of coconut.

HONOLULU ROLL

This can be made with a variety of flavors and colors. Use the uncooked fondant, using all egg white and no cream in mixing it. Divide in two equal parts (the quantities will depend on the size roll to be made). Into the first piece work a little almond meal or almond essence and a dessertspoon chopped walnuts, kneading it with the hands. Mould into a ball. Then with the palm of the hand roll out on the board or marble slab into a long sausage shape about an inch thick. Then flatten out to about 3 inches wide. Do the same with the other piece, coloring it with cochineal and flavoring with pineapple or lemon. Now put one piece on top of the other and roll. Brush the outside of the roll with egg white and roll in shredded or flaked coconut. Leave for 24 hours to harden, then cut in slices.

Honolulu roll may have many variations. One piece of the fondant can be colored and flavored with cocoa or chocolate. Or color one layer green, leave the other layer white, and make a core for the centre of pink fondant blended with chopped glacé cherries. Or roll it in chopped peanuts instead of coconut.

CHOCOLATE ROUGHS

Take $\frac{1}{2}$ lb. chocolate, and melt it slowly over a gentle heat, in a double saucepan. Then add sufficient shredded coconut, peanuts, strips of almonds, or bits of walnut to make the chocolate stiff. Put little rough heaps on greased paper and allow to set.

Many varieties of chocolates can be made by dipping various centres. Squares of toffee, or nut toffee, ginger, preserved fruits of all kinds, nuts of all kinds, and many different kinds of cream centres.

To do these buy coating chocolate, and break it into small pieces. Put it in a double saucepan, melt it over very gentle heat, and move it about gently with a wooden spoon. When it has melted take it off the fire, and while the chocolate is liquid but cool dip the centres in. Hold them over the pan till any spare chocolate drops off, then put on a buttered plate to set. If the chocolate is too hot the sweets will not be glossy.

That is the correct way to dip them. This is an easier method.

Prepare the centres. Put them, fairly widely spaced, on lightly-buttered plates, or a marble slab. Then ice them as you would a cake. Pour a spoonful of chocolate icing over each one, and as it falls down the side smooth with a knife. Leave to set, slide off with a knife, and put into paper containers.

To make the little twirls which ornament plain chocolates when they are set, warm up the rest of the icing. Dip in the prongs of a fork, and as the little string of chocolate hangs from it, lift out quickly and twirl it around on the top of the finished chocolate.

MARZIPAN SWEETS

Take $\frac{1}{2}$ lb. good icing sugar. Mix with it 6 oz. almond meal. Then add a dessertspoon lemon juice, and enough white of egg to make it into workable paste. This quantity may take 2 whites of eggs to which a pinch of salt has been added. Let it rest for an hour before using. A whole egg may be used instead of 2 whites.

Fruits may be moulded into shape with the hands, color being added by cochineal, yolkine, or green coloring. Use angelica for stalks and currants for the blossom ends of apples, pears, etc.

MARZIPAN WALNUTS

Take a small ball of marzipan, and press half a walnut on either side. To make these specially good, when they are set, dip them quickly in and out of hot caramel. It must not be too dark, and you must work quickly, as the caramel hardens quickly. Put on to a greased plate to set. These get sticky in a day or two.

COCONUT ICE "A"

Put into a saucepan 1 scant tablespoon glucose, 2 cups sugar, and 1 cup water. Stir continuously while bringing to the boil. Once the mixture boils do not stir. After it has been cooking for about 5 minutes start to test it. When a little dropped into cold water will roll into a soft ball, take it off the fire, and let it stand for a few minutes. Then add $\frac{1}{2}$ cup coconut, and beat it till it goes thick and sugary, and pour into a greased tin or a soup-plate.

If liked, color half with cochineal, or make a chocolate-flavored ice as follows:

When taken off the fire divide at once into two parts. Set one part aside, and into the other grate a *3d.* bar of plain chocolate. Add coconut and beat till right consistency. Then beat the other half, and pour one on top of the other.

COCONUT ICE "B"

Use the same ingredients as above, but omit glucose and add pinch of cream of tartar. Proceed as in above recipe. When it creams with the beating, knead with the hands till soft and mould into shape, putting one layer on top of the other.

If coconut ice does not get stiff, it has not been boiled long enough. If it goes too stiff, it has been boiled too long. It can be reboiled—in the latter case, with a little water.

MAPLE CREAM

This is what Americans call Fudge.

Put into a saucepan 2 cups white sugar, $\frac{1}{2}$ cup golden syrup, and $\frac{1}{2}$ cup warm water. Stir well until it boils. Then let it boil gently for 10 minutes without stirring. Test it by taking a little on the end of a spoon and cooling it in cold water. If it will roll into a soft ball it is ready for the next stage. Beat the whites of 2 eggs stiff. Then pour

about a third of the mixture on the eggs and beat well. Put the rest of the mixture back on the fire, and boil for another 5 minutes. Take off the heat immediately, and pour into the other mixture. Add $\frac{1}{2}$ cup chopped walnuts and beat until the mixture turns sugary and creamy. Pour on to a buttered plate, and when cool cut into blocks.

CARAMELS

Take $\frac{1}{4}$ lb. sugar, 1 tin sweetened condensed milk, 2 generous oz. butter, 1 teaspoon vanilla essence. Mix the sugar, condensed milk, and butter together. Boil them for $\frac{1}{4}$ hour, stirring all the time, and scraping well from the bottom of the pan. Use a wooden spoon. Small dark spots will appear at first, but go on cooking till a light-brown color. Then add the vanilla. Place in a square, shallow, buttered tin. When nearly cold, turn out, mark into ridges, and cut into square blocks.

MARSHMALLOWS

Take 10 oz. granulated sugar, a dessertspoon glucose, $\frac{3}{4}$ oz. gelatine, 1 white of egg, vanilla essence, 2 gills water. Put a gill of water, the gelatine, and the vanilla essence into a pan. Heat until the gelatine is melted. Then boil the other gill of water, sugar, and glucose together. Pour both into a large basin, and mix well.

Beat the white of egg very stiffly and fold it in. Then whisk the whole together until quite thick and spongy, but perfectly smooth. Turn into a tin that has been slightly oiled and dusted with icing sugar and cornflour mixed in equal quantities. Leave till next day. Then turn on to board dusted with icing sugar and cornflour mixed in equal quantities. Sift more of the cornflour mixture on top. Leave it for 1 or 2 hours. Then cut into squares, roll in the icing sugar and cornflour mixture. Leave for a day or two to harden, before using.

ROCKY ROAD

This can be made with the marshmallow recipe. Melt some milk chocolate. Take the marshmallow squares, before being rolled in sugar, and dip into the chocolate. Put on to greased paper, arranging the bottom row 9 squares wide and 12 squares long. Now pile the others on top anyhow, to give a rocklike appearance, and pour a little chocolate to fill in the cracks. When the chocolate is set, cut up into rough chunks. A few chopped nuts added to the chocolate improve the flavor.

TURKISH DELIGHT

Soak 1 oz. gelatine in $\frac{1}{2}$ cup water. Put into a saucepan with the strained juice of 1 orange and 1 large lemon. Add 1 lb. sugar, and if liquid is not a full pint, make it up with water or orange juice. Heat until gelatine is dissolved. Pour into a wet tin. When set hard cut into squares. Roll in icing sugar and cornflour mixed in equal quantities.

CRÈME DE MENTHE CUBES

Two saucepans are required. In one put 1 oz. gelatine and $\frac{1}{4}$ pint cold water. In the other, 1 lb. sugar and $\frac{1}{4}$ pint cold water. Allow the gelatine to cook for 2 or 3 minutes until it is thoroughly dissolved. Then stand the pan on the top of the stove to keep the gelatine from setting. Bring the sugar and water in the other pan slowly to the boil, stirring all the time. When a smooth syrup add the gelatine to it, with peppermint essence to taste (about a large teaspoon) and a few drops of green vegetable coloring. All the ingredients are now in one pan. After they have been boiled up, lower the gas so that the mixture keeps boiling gently, and leave the pan, without stirring, for $\frac{1}{4}$ hour. Meanwhile, rinse out a flat tin with cold water, and pour the crème de menthe into it when it has boiled sufficiently. When set cut into strips. Toss these in icing sugar. Divide into cubes, and pack in an airtight tin.

TOFFEE

Take 2 cups sugar, 1 tablespoon golden syrup, 1 dessertspoon butter, $\frac{1}{2}$ cup water. Put the ingredients in a saucepan. Add a teaspoon glucose. Stir till it comes to the boil, then let it cook without stirring. Cook until a little, tested by being cooled in water, will go hard and brittle. Remove immediately, and pour all at once into a buttered tin. If you allow the dregs of the pot to drip slowly on to the toffee in the tin, it may become sugary and spoilt.

HONEYCOMB TOFFEE

Boil together 4 tablespoons sugar, 2 tablespoons golden syrup, and 1 dessertspoon water for 7 minutes (until the toffee will harden when a little is dropped into cold water). Take off the fire and stir in a teaspoon bicarbonate of soda. Pour out into a well-buttered tin. Use a large saucepan, as the toffee puffs up when the soda is added.

TOFFEE APPLES

Half bake the apples. Boil 2 lb. brown sugar, teaspoon of glucose, and $1\frac{1}{2}$ cups water until a little of the syrup becomes brittle when tested in cold water. Remove from the fire. Put wooden skewers in the half-baked apples, and dip them into the syrup, disturbing it as little as possible. Drain on buttered paper.

NUT BRITTLE

For this take $\frac{1}{3}$ cup blanched and chopped almonds, and mix with $\frac{1}{3}$ cup sugar. Stir together over the fire till the sugar melts and turns to caramel. Pour into a buttered dish.

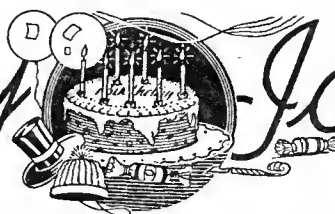
ALMOND TOFFEE

Dissolve 1 lb. sugar in $\frac{1}{2}$ pint water. Add a pinch of cream of tartar, and boil till a deep amber color. Remove from fire. Add 4 oz. blanched almonds which have been dried in the oven (do not let them brown), and bring to the boil again. Pour out at once into a greased tin.

GINGER CANDY

Take 1 lb. brown sugar, 6 tablespoons water, 1 oz. powdered ginger. Boil sugar and water in a saucepan. When it will spin a thread add ginger. Boil till it reaches the hard crack stage, then turn out into a greased tin.

Party Ideas



AFTER-THE-THEATRE PARTY

A FIRESIDE supper after the theatre, served buffet fashion, is a convenient and happy way of entertaining. Four, five, or twenty people may be invited. Four things are essential for the success of the party—a comfortably warm room, enough easy-chairs for everyone, a cheery-looking fire, and an appetising supper.

Everything on the buffet must be small and manageable. Savory things are most appreciated, with one or two sweet items—a rich cream cake, a small plate of sweet biscuits, and perhaps a few small cakes. Hot delicacies will be welcome, and there should be choice of several. A good soup (thin for preference), served in small cups, is good on cold nights.

Tea or coffee, fruit cup or anything else you prefer, may be provided. Arrange one or two bowls of flowers. A small standard lamp, or a pair of candlesticks would look well on the buffet.

Small dinner napkins, or paper ones, should be provided. Small forks and teaspoons will be necessary for the menu suggested.

Asparagus Soup.
Shrimp and Macaroni Scallops.
Ham Toast.
Chicken Patties.
Chicken Livers (see page 199).
Oyster Rounds.
Brain Rolls.
Celery Rolls.
Olive Wheels.
Chocolate Ripple Cake.
Chestnut Biscuits.
Ginger Shells.

ASPARAGUS SOUP

INGREDIENTS

1 small tin asparagus cuts or tips
2 lb. knuckle veal
2 quarts cold water

1 carrot, turnip, and onion
2 stalks celery
Salt

Method.—The knuckle of veal should be chopped into several pieces. Wipe it, and place in a saucepan with the water. Add salt, and bring slowly to the boil. Remove scum that rises, and simmer for $1\frac{1}{2}$ hours. Wash and prepare vegetables, and cut them all in 2 or 3 pieces (not more, or they become mushy). Add to the stock, and bring to boiling-point again. Simmer very gently for 5 or 6 hours, skimming when necessary. Strain, and allow to stand till cold. Then remove any fat. Reserve any young tips from the asparagus cuts. If you are using a tin of tips, cut off the tender tops carefully and cleanly, and place on one side. Put the remainder in a saucepan with the stock. Add the liquor from the tin. Bring to the boil, and simmer for 30 or 40 minutes. Strain, and add the tips. Bring to the boil again, and serve.

SHRIMP AND MACARONI SCALLOPS

INGREDIENTS

2 oz. bird's-eye macaroni (or ordinary macaroni, cut in small lengths)	$\frac{1}{2}$ lb. shrimps
$\frac{1}{2}$ pint milk	Salt, pepper
1 rounded dessertspoon flour	A little melted butter
1 dessertspoon butter	Small sprigs parsley
2 oz. grated cheese	Fine dried breadcrumbs

Method.—Cook macaroni in plenty of salted boiling water for 20 minutes. Remove the heads, tails, and shells of the shrimps. Reserve some of the heads for garnishing, and chop up the fish finely. When the macaroni is cooked, drain off the water. Add milk, and cook in a double saucepan, over boiling water, for a further $\frac{1}{2}$ hour. Stir in flour, previously blended with a little cold water. Add butter and most of the cheese, retaining enough to shake over the scallops at the last. Season with salt and pepper. Add the chopped shrimps, and mix all well together. Butter the required number of scallop shells or ramekins, and fill with the mixture. Shake over a little cheese and breadcrumbs. Pour over each a small quantity of melted butter, and bake in a good oven till golden brown. Garnish each shell with a shrimp's head and a small sprig of parsley.

HAM TOAST

INGREDIENTS

4 oz. ham	1 doz. capers, chopped
2 tablespoons cream	Cayenne
2 egg yolks	Paprika
1 dessertspoon butter	Hot buttered toast

Method.—From slices of bread, cut as for toast. Stamp out rounds with a small cutter, about 1 inch in diameter. Toast these and butter them. Keep hot while making the ham mixture. Mince the ham. Put it into a saucepan with butter, cream, beaten egg yolks, capers, and a good dash of cayenne. Stir over a low fire, till the mixture thickens. Spread on the prepared rounds of toast. Dust with paprika, and serve at once.

CHICKEN PATTIES

INGREDIENTS

2 doz. patty cases	1 oz. butter
1 cup milk (bare)	1 tablespoon cream (may be omitted)
1 heaped dessertspoon flour	Squeeze lemon juice
3 oz. cold chicken (or rabbit may be substituted)	Finely-chopped parsley
1 or 2 oz. ham	Salt, pepper

Method.—Mince chicken and ham finely. Melt butter in a saucepan. Add flour, and, using a wooden spoon, blend well. Remove from the fire. Add the milk by degrees. Stirring all the time over a low heat, boil the mixture for 2 minutes. Cool. Add the cream, chicken, and ham. Mix well. Season with salt and pepper. Add the lemon juice and about a dessertspoon finely-chopped parsley. Fill the cases with the mixture. Set the tops in position. Place the patties on a slide, and heat them in the oven.

OYSTER ROUNDS

INGREDIENTS

Thin slices of well-buttered brown bread	Lemon juice
Oysters	Cayenne
2 or 3 leaves of lettuce	Paprika

Method.—Beard the oysters and drain them. Wash the lettuce, and shred it very finely. Stamp out rounds from the buttered bread with a small cutter. Squeeze a little lemon juice over each oyster. Add a dash of cayenne, and place an oyster on each round of bread. Garnish with paprika and a little shredded lettuce. Stick a toothpick firmly into each oyster.

BRAIN ROLLS

INGREDIENTS

1 set brains	1 hard-boiled egg yolk
6 to 8 oz. ham (cut in thin slices)	Lemon juice
Finely-chopped parsley	Salt

Method.—Soak the brains in cold salted water. Skin them and simmer gently for 10 minutes. Drain well, and allow them to get cold. Mash them with a squeeze of lemon, and salt to taste. The ham must be cut in thin whole slices. Scrappy or broken bits are useless. Cut from the slices strips not more than an inch wide, and about 4 or 5 inches long, having fat and lean in each strip, if possible. Place a little of the brain on each strip. Roll up and secure with a savory skewer. Press sieved egg yolk into each end of the rolls. Sprinkle parsley, finely chopped, on top, and place in small paper cases—the kind used for chocolates.

CELERY ROLLS

INGREDIENTS

Fresh bread (sandwich loaf)
2 small celery hearts
Butter
 $\frac{1}{2}$ cup cream

Salt, cayenne
1 tablespoon finely-grated cheese
 $\frac{1}{2}$ teaspoon finely-chopped chives

Method.—Wash celery, and place it in cold water till crisp. Add a pinch of salt and cayenne to the cream. Whip till it hangs on the whisk. Mix in the cheese lightly, but thoroughly. Butter the bread before cutting it in the thinnest possible slices. Remove all crusts, and sprinkle each slice with salt. Cut celery into lengths to fit the slices of bread. Spread cheese cream along each piece of celery. Sprinkle sparingly with chives. Place on the prepared bread, and roll up. Press lightly to keep in position, and cut each roll in half.

OLIVE WHEELS

INGREDIENTS

Thin slices of well-buttered bread
Finely-chopped parsley

Stuffed olives
Mayonnaise

Method.—Remove the crusts from the bread, and smear the buttered slices with mayonnaise. Dust with parsley, and place olives, one after the other, close together, along one edge. Roll up the bread, encasing the olives. Press it slightly to keep in position. Cut the roll in slices between, and through, the centre of each olive.

CHOCOLATE RIPPLE CAKE

INGREDIENTS

$\frac{1}{2}$ lb. chocolate ripple biscuits
 $\frac{1}{2}$ pint cream
Vanilla essence
1 teaspoon gelatine

$1\frac{1}{2}$ dessertspoons castor sugar
Chopped walnuts
Crystallised cherries

Method.—This cake should be made at least 12 hours before it is needed—longer, if possible. Add sugar, gelatine, and a drop of vanilla essence to the cream, and whip it till very stiff. Put the biscuits together in a long line, with a generous spread of cream between each one. Place them on a dish, and cover thickly and entirely with cream. Sprinkle with chopped walnut, and decorate with slices of crystallised cherry.

CHESTNUT BISCUITS

INGREDIENTS

2 doz. chestnuts	2 tablespoons cream
$\frac{1}{4}$ lb. castor sugar	1 egg white
1 oz. butter	Vanilla essence

Method.—Remove the outer shell of the chestnuts. Place the nuts in boiling water, and boil till tender, about 40 minutes. Drain. Remove the inner skins, and pound up the chestnuts. Add by degrees the butter, then cream, and stiffly-beaten egg white. Stir in the sugar and flavoring. Mix well, and roll into small balls. Flatten them top and bottom, with a knife dipped in cold water. Bake on a greased slide in a rather quick oven. When nearly done, brush over with sugared water to glaze.

GINGER SHELLS

INGREDIENTS

4 oz. flour	3 oz. sugar
2 oz. butter	White icing
1 egg	Small pieces preserved ginger for decoration
2 tablespoons milk	2 tablespoons preserved ginger, finely chopped
$\frac{1}{4}$ teaspoon cream of tartar	
$\frac{1}{4}$ teaspoon bicarbonate of soda	

Method.—Beat butter and sugar to a cream. Add the egg, and beat well. Add milk and flour sifted with the cream of tartar and bicarbonate of soda. Beat all thoroughly. Bake in a good oven, in well-greased shell patty tins, for about 10 minutes. Remove from the tins, and stand on a rack with a baking sheet or large dish underneath. Ice at once, while hot, and add a small piece of ginger as a decoration. For the icing, sift icing sugar—about 3 large tablespoons—into a bowl. With a wooden spoon stir in enough hot water to make the icing run freely and smoothly from the spoon (essence of ginger, if liked, may be added sparingly). When the cakes are iced, while hot, the icing will run off more readily, leaving only a thin coating, so defining the shape of the shells.

A COCKTAIL PARTY

COCKTAIL parties are not, as the name implies, designed for the sole purpose of imbibing cocktails. They were originally parties given in the late afternoon with the idea of enabling business men and women to meet their hosts or hostesses and each other after the day's work.

There should be little formality about a cocktail party. Some seating accommodation is necessary, but the guests stand and move about as they feel inclined.

The food is served on buffets or small tables placed about the room, the guests helping themselves. Spread the food out as much as possible to avoid crowding in one place.

A good fruit cup is served in addition to cocktails.

Savories are the chief accompaniment to cocktails. They must be small—each one just a mouthful.

Hot cocktail sausages or any other savory of a greasy nature, whether hot or cold, should be stuck with small wooden skewers or toothpicks.

Sandwiches with savory fillings should be provided. Very small cakes, which should not be over-sweet or creamy, may also be provided, but are not essential.

The following savories and cocktails suggest themselves as suitable :

HOT SAVORIES

Cocktail Sausages.

Mushroom Patties (see page 177).

Chicken Livers (see page 199).

Oyster Rolls (see page 200).

Small Sausage Rolls (see page 178).

Kidney Rolls (see page 175).

Cheese Puffs (see page 204).

Mushroom Rolls (see page 213).

Toasted Salmon Rolls (see page 206).

COLD SAVORIES

Chicken and Ham Puffs (see page 212).

Asparagus Fingers (see page 213).

Prudence Savories (see page 212).

Horseradish Creams (see page 214).

Shrimp Creams (see page 216).

Birds' Nests (see page 202).

Rice Balls (see page 202).

Cheese and Caper Wafers (see page 217).

Celery Fingers (see page 217).

Asparagus Rolls (see page 218).

Deville Almond Rolls (see page 218).

COCKTAILS

When mixing cocktails, use exact proportions. Put cracked ice in the shaker first. It does not matter in what order the other ingredients are added, as they are always well stirred up or shaken before being strained and served.

The following is a useful table of measures :

A dash of bitters is equal to $\frac{1}{8}$ teaspoon. There are between 16 and 18 teaspoons in a cocktail glass.

To squeeze lemon peel on top, take a piece of lemon peel, twist it between the fingers over the drink to extract the oil, and throw the peel aside. The lemon peel should only be put in the glass when specially required.

Gill or noggin.—4 gills equal 1 pint.

The cocktail glass contains about $\frac{1}{2}$ gill liquid.

The wineglass measures twice as much as the cocktail glass.

The tumbler, which is used for long drinks, holds 2 gills, or $\frac{1}{2}$ pint liquid.

The liqueur glass contains $\frac{1}{4}$ gill liquid.

For a large party, the following is a useful cocktail. It can be mixed by stirring in a jug :

To 1 $\frac{1}{2}$ pints gin, allow a pint lime-juice cordial and a pint cracked ice.

GIN COCKTAIL

INGREDIENTS

1 wineglass gin

10 drops sugar syrup

10 drops orange bitters

A small piece lemon peel

Ice

Method.—Crush some ice and half fill a tumbler with it. Pour over the gin. Add syrup and bitters. Cover the glass and shake well. Strain into cocktail glasses. Put a small piece of lemon peel on top, and serve.

MANHATTAN COCKTAIL

INGREDIENTS

$\frac{1}{2}$ gill vermouth

About 10 to 20 drops Angostura bitters

$\frac{1}{2}$ gill whisky

Crushed ice

About 30 drops curaçao

Small piece lemon peel

Method.—Half fill a tumbler with crushed ice and pour over the other ingredients. Shake and stir up well. Strain into a cocktail glass, and put a small piece of lemon peel on top, and, if liked, a glacé cherry.

MARTINI COCKTAIL

INGREDIENTS

About 30 drops orange bitters
 $\frac{1}{2}$ wineglass gin
 Ice

$\frac{1}{4}$ wineglass Italian vermouth
 Small piece lemon peel

Method.—Half fill a tumbler with crushed ice. Pour in the other ingredients. Shake and stir well. Strain into cocktail glasses. Put a small piece of lemon peel on top.

MOONLIGHT FIZZ

INGREDIENTS

1 wineglass gin
 Soda water
 White of an egg

1 teaspoon lemon juice
 Crushed ice
 1 teaspoon castor sugar

Method.—Beat up white of egg well. Mix the gin, lemon juice and sugar, and a tablespoon crushed ice. Add white of egg and shake well. Strain into cocktail glasses and fill up with soda water.

GIN AND IT

$\frac{1}{2}$ gin

$\frac{1}{2}$ Italian vermouth

MINT JULEP

INGREDIENTS

1 orange
 1 sprig mint
 Crushed ice

1 teaspoon castor sugar
 1 wineglass gin

Method.—Peel orange very thinly and squeeze out the juice. Strain the juice into a tumbler half filled with crushed ice. Add the washed mint, sugar, and a strip of thinly-peeled orange rind. Put in gin and serve. If preferred, brandy may be used in place of gin.

BRONX COCKTAIL

Half fill the shaker with broken ice and add :

The juice of $\frac{1}{2}$ orange
 $\frac{1}{8}$ gill gin

$\frac{1}{8}$ gill French vermouth
 $\frac{1}{8}$ gill Italian vermouth

Shake well, and strain into a cocktail glass. A dash of orange bitters may be added.

RASPBERRY COCKTAIL

Half fill the shaker with broken ice and add :

6 raspberries
 $\frac{1}{8}$ teaspoon maraschino
 $\frac{1}{8}$ gill gin

$\frac{1}{8}$ gill French vermouth
 $\frac{1}{8}$ gill Italian vermouth

Shake well and strain into a cocktail glass. Care should be taken to prevent the pips passing through the strainer into the cocktail glass.

INDIAN COCKTAIL

Half fill a large glass with broken ice and add :

1 dash orange bitters
 $\frac{1}{8}$ gill dry pale sherry

$\frac{1}{8}$ gill French vermouth

Stir up well. Strain into a cocktail glass, and squeeze lemon peel on top.

SOUTH AMERICAN COCKTAIL

The South American cocktail is an Indian cocktail with 2 dashes of plain sugar syrup and 2 dashes of absinthe in it.

BIJOU COCKTAIL

Half fill a large glass with broken ice and add :

1 dash orange bitters
 $\frac{1}{8}$ gill Plymouth gin

$\frac{1}{8}$ gill Italian vermouth
 $\frac{1}{8}$ gill green chartreuse

Stir up with a spoon. Strain into a cocktail glass. Add olive or cherry according to taste, and squeeze lemon peel on top.

BOOMERANG COCKTAIL

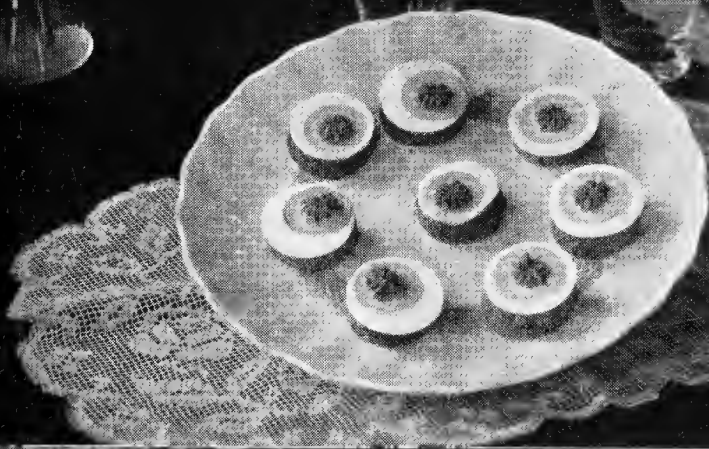
Half fill the shaker with broken ice and add :

2 dashes maraschino
1 dash angostura bitters
 $\frac{1}{8}$ gill gin

$\frac{1}{8}$ gill French vermouth
 $\frac{1}{8}$ gill Italian vermouth

Shake well, and strain into a cocktail glass.

Prudence savories—rounds of fried bread surmounted by slices of hard-boiled egg and flavored with anchovy. (See page 212.)



Asparagus logs, with cheese-flavored sauce, are served hot as savories at the end of a meal. (See page 217.)



Olive mouthfuls are cocktail party delicacies. (See page 199.)



BLACKTHORN COCKTAIL

Half fill a large glass with broken ice and add :

- | | |
|----------------------------|------------------------------------|
| 3 dashes absinthe | $\frac{1}{4}$ gill French vermouth |
| 3 dashes angostura bitters | $\frac{1}{4}$ gill whisky |

Stir well with a spoon. Strain into a cocktail glass, and squeeze lemon peel on top.

BRANDY COCKTAIL

Half fill a large glass with broken ice and add :

- | | |
|---------------------------------|---------------------------|
| 1 or 2 dashes Angostura bitters | $\frac{1}{2}$ gill brandy |
| 3 dashes curaçao | |

Stir up well, and strain into a cocktail glass. Add olive or cherry, and squeeze lemon peel on top. A little dash of absinthe improves this cocktail, which is also often made with equal parts of brandy and French vermouth.

CLOVER CLUB COCKTAIL

Half fill the shaker with broken ice and add :

- | | |
|------------------------------------------|------------------------------------|
| The white of a fresh egg | $\frac{1}{4}$ gill gin |
| The juice of a small fresh lime or lemon | $\frac{1}{4}$ gill French vermouth |
| 1 teaspoon raspberry syrup | |

Shake well and strain into a small wineglass. Lemons may be substituted for limes, and grenadine for raspberry syrup.

CHAMPAGNE COCKTAIL

In a wineglass put a lump of sugar. Soak it with angostura bitters. Squeeze the essence of 2 or 3 pieces of lemon peel in the glass. Add a lump of ice, and fill the glass with iced champagne. Stir up slightly with the mixing spoon. Squeeze, and drop another piece of lemon peel in the glass. A bottle of champagne makes from 5 to 6 cocktails.

CHOCOLATE COCKTAIL

Half fill the shaker with broken ice and add :

- | | |
|--------------------------------------|-------------------------------------|
| Yolk of a fresh egg | $\frac{1}{4}$ gill port |
| $\frac{1}{4}$ gill yellow chartreuse | 1 teaspoon sweet powdered chocolate |

Shake well, and strain into a small wineglass.

CUPS

CHAMPAGNE CUP

Put a large lump of ice in a big jug and add :

- | | |
|---------------------------|--------------------------|
| 2 liqueur glasses curaçao | 1 bottle iced champagne |
| 2 liqueur glasses brandy | 1 bottle cold soda water |

Stir up well, and decorate with different kinds of fruit in season. A sprig of fresh mint or a slice of cucumber peel is often added.

CIDER CUP

Put a large piece of ice in a big jug and add :

- | | |
|---------------------------|----------------------------|
| 1 gill pale sherry | $\frac{1}{2}$ gill curaçao |
| 2 pint bottles cider | The rind of a whole lemon |
| $\frac{1}{2}$ gill brandy | |

Stir and serve.

CLARET CUP

This is made in the same way as Champagne Cup. A little lemon juice improves it.

HOCK CUP

A delicious Hock Cup is made like Champagne Cup, substituting hock for champagne.

PRUDENCE CUP

This is a particularly good drink for the non-cocktail drinker.

INGREDIENTS

- | | |
|------------------------------------------------------------------|----------------|
| 1 large tin pineapple cubes | 2 quarts water |
| 12 oranges | 3 cups sugar |
| $\frac{1}{2}$ cup maraschino cherries (or fresh-stoned cherries) | |

Method.—Boil sugar with 1 quart water for 8 minutes. When cold, add to it the juice from the pineapple, juice of 8 oranges, and 1 quart cold water. Set on ice. Slice the remaining 4 oranges as thinly as possible. Place in a bowl. Add 2 cups pineapple cubes and the cherries. Pour the liquid over and serve.

ORANGE CUP

(Another good temperance drink.)

In a large jug put a big lump of ice. Add a pint of strained fresh orange juice and the juice of 1 lemon to give it a tang. Sweeten with $\frac{1}{2}$ gill sugar syrup and $\frac{1}{2}$ gill apricot syrup. Fill the jug with iced water or equal parts of water and soda water. Decorate with thinly-cut slices of oranges, after having stirred these ingredients up well.

TOMATO COCKTAIL

INGREDIENTS

1 small tin tomatoes
3 times the quantity of water

1 lemon and juice
Salt and pepper

Method.—Tinned tomatoes are better than fresh for this recipe. Take 1 small tin tomatoes and empty its contents into a saucepan, together with 3 times the amount of water. Add salt and pepper, and simmer for 20 minutes. Then strain, and make it icy cold. Allow a dash of lemon juice for each cocktail glass. Shake the tomato and lemon juice in a cocktail shaker, bottle, or anything else suitable. Fill the glasses and decorate with a slice of lemon on the edge of each glass. It is improved if some cracked ice is shaken with it in the cocktail shaker.

A FORK LUNCHEON

If without competent help, if your dining-table is small, or you are short of seating accommodation, a fork luncheon is probably one of the forms of entertaining you choose.

There is much scope for making a table look attractive and edibles inviting when they are set out together.

For a small party, the dining-table should be sufficient to accommodate the food, plates, forks, and spoons, with the drinks on an auto-tray or smaller table.

The drinks may be anything you fancy. When preparing for a large party, spread the luncheon out more. Use the sideboard and several tables, and place them well apart.

The menu suggested includes two hot dishes. If preferred, they could be dispensed with, leaving a wholly cold menu, much of which may be prepared the day before the party. As your guests will be standing to have their luncheon, everything provided must be manageable with a fork or spoon. Where possible it is a good plan to serve individual helpings, either on one dish or on individual dishes, whichever fits best with your scheme of china and your space. Small table-napkins, either paper or otherwise, are a necessity.

MENU

Hors d'œuvres variés (see page 19).
 Curried Crayfish (see page 39).
 Jellied Chicken (see page 60).
 Veal Cake (see page 78).
 Orange and Celery Salad (see below).
 Beetroot Creams (see below).
 Banana Charlotte (see page 158).
 Apricot Eggs (see page 146).
 Rainbow Blancmange (see page 158).
 Asparagus Bundles (see page 110).
 Almond Balls (see below).
 Savory Prunes (see below).

ORANGE AND CELERY SALAD

INGREDIENTS

1 lettuce
 1 stick celery

2 or 3 navel oranges
 Salad dressing

Method.—Wash celery heart and lettuce, and allow them to crisp in cold water. Peel oranges, removing all pith, and quarter them. Cut each quarter in 2 or 3 pieces. Shred the lettuce finely. Cut the celery in neat chunks. Add the orange, and mix all together lightly. Place in a bowl, and pour the dressing over at the last minute. (See page 104 for recipe for dressing.)

BEETROOT CREAMS

INGREDIENTS

2 large cooked beetroot
 1 hard-boiled egg

2 tablespoons horseradish sauce
 1 lettuce

Method.—Cut the egg and beetroot in rounds, the latter about $\frac{1}{4}$ inch thick. Put a teaspoon of horseradish in the centre of each slice of beetroot. Place a slice of egg on top. Serve on a bed of lettuce leaves, previously washed and dried. Horseradish sauce, ready made, is procurable in jars. Should you prefer to make your own, add a good pinch of salt and mustard, $\frac{1}{2}$ teaspoon gelatine, and 1 teaspoon castor sugar to 2 tablespoons cream. Whisk until very stiff. Add two teaspoons (more or less, according to taste) finely-grated horseradish, mix well. Slowly stir in a little vinegar to taste.

ALMOND BALLS**INGREDIENTS**

Small potato
Beaten egg
Salt, cayenne

1 to 1½ doz. Jordan almonds
1 to 2 tablespoons finely-grated cheese

Method.—Blanch almonds, and with a very sharp knife cut them into long, thin splinters. Dry on a plate in a warm oven, till crisp, shaking and moving them several times, to prevent sticking. Boil a small potato. Drain. Dry off, and mash with salt and a dash of cayenne. Add cheese, enough to make the mixture tasty. Mash it well in, till it becomes sticky and rollable. Take small quantities, about a teaspoon at a time, and roll into balls. Dip these in beaten egg, and roll in the almond splinters. Wet fry (see Fish section) in a basket for several seconds, till golden brown. Drain on kitchen paper. Allow to become cold, and serve in small paper cases.

SAVORY PRUNES**INGREDIENTS**

12 prunes
12 blanched almonds
6 streaky rashers bacon (cut fine)

Cheese (the tinned variety)
Salt, cayenne
Toothpicks

Method.—Soak prunes overnight in cold water. Cook them gently till tender in a little water. Cool them. Split open, and remove the stones. Put a blanched almond, pinch of salt, cayenne, and a little cheese in each prune. Remove rind from the bacon, and cut each rasher in half. Roll each prune in bacon. Skewer them. Bake between two enamel plates, in a hot oven, till the bacon is done and the rolls heated through. Stick a toothpick through each roll and serve.

A BRIDGE PARTY

As bridge parties have become an almost everyday form of entertainment, any suggestions, except in regard to preparation and serving of food, would be superfluous.

Tea or supper should be served in a different room from where your friends are playing bridge. If possible, seat your guests round a dining or other table. A buffet, if the party is large, is a good arrangement.

While your guests are partaking of tea or supper, the bridge tables should be dusted, ash trays emptied, and sweets and nuts replenished before the players return.

A welcome interlude, if the weather is suitable, is provided by serving ices, an hour or so before afternoon tea.

The following menu is suggested for a small party :

Shrimp and Watercress Rolls (see below).

Horseradish Rounds (see below).

Barclays (a delicious combination of sandwich and savory) (see below).

Cheese Fingers (see below).

Kidney Rolls (see page 175).

Cheese Puffs (see page 204).

Neenish Cakes (see below).

Chocolate Cake (see below).

Banana Cream Sandwich (see below).

SHRIMP AND WATERCRESS ROLLS

INGREDIENTS

Small tin or jar shrimp paste
Watercress

Fresh sandwich loaf
Butter

Method.—Wash watercress in several fresh waters. Pick the leaves off the stalks, and chop them up roughly. Cut slices of buttered bread as thinly as possible. Remove all crusts neatly with a sharp knife. Spread half the number of slices with shrimp paste, and on the others place a layer of chopped cress. Put a cress slice on top of each shrimp slice, and roll them up together. In order to make the rolls stay in position, and make them finish up neatly, give a slight roll to the first edge of the cress slice, before rolling them together. Cut each roll in half across.

HORSERADISH ROUNDS

INGREDIENTS

2 tablespoons butter
1 to 1½ tablespoons finely-grated
horseradish
1 teaspoon lemon juice

½ teaspoon castor sugar
Good pinch salt
Stuffed olives
Thin slices brown bread and butter

Method.—Cream butter. Add sugar, salt, and lemon juice. Mix well. Add horseradish and blend well together. Stamp out rounds, with a small cutter, from the buttered bread. Spread with the horseradish mixture. Place a slice of stuffed olive in the centre, and stick a toothpick through.

BARCLAYS

INGREDIENTS

Thin slices buttered brown bread	Hard-boiled egg
German sausage	Mayonnaise
Chutney (mango is excellent)	Tasty cheese (not too dry)
Lettuce	Salt
Toothpick	Butter

Method.—Take a sharp round cutter from $1\frac{1}{4}$ to $1\frac{1}{2}$ inches in diameter, and stamp out rounds from the buttered bread. Also stamp out rounds with the same cutter from thin slices of German sausage. Cut the hard-boiled egg in slices across. Cut thin wafers of cheese, and have some softened butter, chutney, mayonnaise, and salt all at hand.

Proceed as follows: on a round of bread, butter side up, place one of sausage, then more bread, butter side down. Butter the dry side, and smear lightly with chutney. Then more bread. Keep pressing them together. Butter the dry side, and add a slice of egg. Butter the egg. Add a shake of salt, and press more bread on. Again butter the dry side, and smear with mayonnaise. More bread and more butter on the dry side. Then cheese, and lastly bread. Cut each little castle thus formed down through the middle, and across again, forming four. Push a toothpick right through each. Arrange them, cut side up, on a bed of young lettuce leaves, on a dish. Thirty-six small rounds of bread, $\frac{1}{4}$ lb. sausage, and 1 hard-boiled egg will make 2 dozen Barclays.

CHEESE FINGERS

INGREDIENTS

<i>For the Crust :</i>	Pinch salt, cayenne, mustard
8 oz. flour	Water
$\frac{1}{2}$ teaspoon baking powder	Egg yolk for glazing
4 oz. butter	
<i>For the Filling :</i>	Salt, cayenne
1 dessertspoon butter	$\frac{1}{2}$ cup milk
1 dessertspoon cornflour	4 tablespoons finely-grated cheese

Method.—Sift flour and baking powder with the mustard, cayenne, and a good pinch of salt into a basin. Rub in the butter, and mix with cold water to a firm dough. Knead slightly on a lightly-floured board, and divide into two. Roll out into squares of equal size, and make the following filling: Melt butter in a saucepan. Stir in the cornflour, and cook for a minute. Add milk, cheese, and seasoning, and boil for a minute. Allow to cool, and spread on 1 square of paste, already placed on a buttered baking sheet. Place the remaining pastry on top, and

mark into fingers with a knife. Glaze with beaten egg yolk, and bake in a hot oven, lowering the temperature when the fingers are put in. When done, cut at once with a sharp knife, and set aside till cold.

NEENISH CAKES

INGREDIENTS

For the Cases :

4 oz. almond meal
3 oz. icing sugar

1 rounded tablespoon flour
1 egg white

For the Filling :

Cream
Gelatine

Castor sugar
Vanilla essence

For the Icing :

3 good tablespoons icing sugar
2 tablespoons hot water
 $\frac{1}{2}$ teaspoon gelatine

1 teaspoon butter, melted
1 teaspoon dark cocoa

Method.—Whisk egg white till stiff, and add sugar, flour, and almond meal. Work all into a stiff dough—if still sticky, a little more flour may be used. Roll out thinly, on a floured board. Take a small round cutter, plain-sided for preference. See that it will fit your patty tins, which must be shallow. Stamp out the paste, and place in the greased tins. Prick the centres with a fork, and bake in a moderate oven from 15 to 20 minutes, until browned. Allow to become cold before filling. This quantity will make 2 dozen cases, and they will keep for some time if stored in an airtight tin.

To fill 1 dozen cases, take 1 gill cream. Add 1 dessertspoon castor sugar, and a drop or two of vanilla essence. Whip till the cream is very stiff. Melt a bare dessertspoon gelatine in 3 dessertspoons hot water, and, when it is cool, stir quickly into the cream. Put the cream into a forcing bag, and, using a plain pipe, fill the centre of each case. If you have no forcing bag, use a teaspoon to fill the cases, smoothing over the cream with a knife dipped in hot water and dried.

For the icing, sift icing sugar into a basin. Dissolve gelatine in the hot water, and pour slowly into the sugar, using only enough to make the icing run smoothly. Ice across half the cream filling in each cake with this white icing, and then stir in the cocoa and melted butter, previously blended. Keep this mixture, the butter and cocoa, standing with warm water round it, till you are ready for it. You may need to add a drop or two more of gelatine and water, which should also be kept hot, in case it is needed.

Ice the other halves of the cakes with chocolate, keeping as even a line as possible. These cakes will soften rather readily with standing, and, though still delicious, are not what they should be next day.

CHOCOLATE CAKE

INGREDIENTS

4 oz. butter
3 oz. sugar
2 oz. cocoa
2 large eggs

2½ oz. flour
¼ cup milk
1 teaspoon baking powder

Method.—Melt butter. Add sugar. Sift cocoa in by degrees, beating well. Add beaten eggs and mix all thoroughly. Then add milk, and lastly the flour and baking powder sifted together. Bake in a well-buttered tin in a moderate oven from 20 to 30 minutes. It burns readily and becomes dry with overcooking, so watch it carefully.

BANANA CREAM SANDWICH

INGREDIENTS

For the Sandwich :

4 oz. castor sugar
3 eggs
½ cup cornflour

½ teaspoon bicarbonate of soda
1 tablespoon melted butter
2 heaped teaspoons flour
1 teaspoon cream of tartar

For the Filling and Decorating :

5 large firm bananas
½ pint cream, whipped stiffly
1 good teaspoon gelatine and hot water to dissolve

1 lemon
3 tablespoons castor sugar

Method.—To make the sandwich, beat eggs, and add sugar by degrees, beating well all the time. When all the sugar is added, beat for 10 minutes. Add other dry ingredients, previously sifted together, stirring them in lightly. Lastly stir in the butter, and pour the mixture into two large, well-buttered sandwich tins. Bake in a hot oven from 15 to 20 minutes, and turn on to a rack till cold.

For the filling, mash 3 bananas thoroughly. Add a teaspoon lemon juice and 2 tablespoons castor sugar. Mix well, and stir this into 2 heaped tablespoons whipped cream. Dissolve gelatine in a little hot water, and add to the mixture.

Put the cakes together with the filling between. Stir 1 tablespoon castor sugar into the remaining cream, and pile it roughly on top of the cake. Cut the remaining bananas in slices. Put on a plate, and squeeze lemon juice over them. This helps to keep the fruit a good color and improves the flavor. Stand the slices up in the cream as decoration.

THE TENNIS PARTY

A simple way of entertaining young people is to give a tennis party. Courts are for hire in most suburbs. If a garden adjoins the court, serve tea there, set in a shady spot under the trees ; the tables covered with brightly-colored cloths ; gaily-cushioned comfortable chairs and lounges about ; and a gay garden umbrella or two, to add to the shade—and the effect.

Use the prettiest china and colored jugs and glasses for the drinks. Get as much color as possible into the picture. It adds tremendously to the general effect, and so indirectly to the good things provided for the guests to eat and drink. The surroundings and the manner of serving food matter every bit as much as the food itself.

Invite the guests in ample time before the day chosen for the party, and, if inviting a large number of people, it is wiser to ask one or two people over the fixed number.

With a large party it is a good plan to send the first comers (4 of them, or 8 if there are two courts) off to play shortly after they arrive, not making them wait till everyone has arrived, when they might be enjoying a game, and also relieving the congestion on the courts.

Dressing-rooms and bath- or shower-rooms should be placed at the disposal of the guests, and towels—plenty of them and of good dimensions.

The following menu is suggested :

Sandwiches.
Tea Cake.
Egg and Bacon Toasts.
Cheese Wafers.
Walnut Titbits.
Corn Cakes.
Cream Caramel Sandwich.
Egg Pies (see page 175).
Mushroom Rolls.
Melting Moments.
Ginger Punch.
Sherry Fruit.
Orange Cup (see page 307).

SANDWICH FILLINGS

LAMB AND CAPER

Free the cold lamb from skin and fat. Cut it up finely. Season with salt and pepper, and add to each tablespoon minced lamb 3 or 4 capers, roughly chopped.

SHRIMP

Remove the heads and tails and skin the fish. Chop finely. Add salt, a little finely-chopped parsley and softened butter—not melted—in the proportion of 1 teaspoon butter to a teacup chopped shrimp.

SALAD

Prepare and shred finely some lettuce. Cut up in fine chunks small quantities of cucumber and radish. Add a sprinkling of chopped chives. Season well with salt, and mix in a mayonnaise. Do not swamp the salad. Add the mayonnaise by degrees. You need just enough to give the mixture a faint flavor.

PEANUT BUTTER AND WATERCRESS

Spread thin bread and butter with peanut butter. Wash and chop the watercress leaves finely. Sprinkle freely on the peanut butter.

HAM AND OLIVE

To $\frac{1}{2}$ lb. ham allow 5 or 6 stuffed olives. Chop the ham and olives finely, and mix well.

BANANA, DATE, AND NUT

Choose a firm banana, and cut in the thinnest possible slices. Put $\frac{1}{2}$ dozen dates in a small saucepan. Add a few drops of water, and stir and mash over a low fire till soft like paste. Allow to get cold, and spread sparingly on a thin slice of bread and butter. Put a layer of banana on this, and add a sprinkling of finely-chopped walnuts.

OYSTER

INGREDIENTS

$\frac{1}{2}$ doz. fresh oysters
1 tablespoon butter
1 tablespoon flour

$\frac{1}{2}$ cup milk
1 tablespoon cream
Cayenne, salt

Method.—Melt the butter in a saucepan. Add flour and blend well. Stir the milk in gradually. Cook for a minute or two. Add salt and cayenne. Allow to cool a little. Add the oysters, chopped, and the cream.

TEA CAKE

INGREDIENTS

2 oz. butter
 ½ lb. flour
 2 oz. sugar
 1 egg

2 teaspoons cream of tartar
 1 teaspoon bicarbonate soda
 1 gill milk

Method.—Beat butter and sugar to a cream. Add beaten egg. Beat well again. Then mix in the milk. Sift the flour and rising together, and add to the other ingredients. Beat all well. Bake in a large sandwich tin, in a moderate oven, for ½ hour. Turn out. Split in half with a large knife, and cover the lower half with a liberal supply of little chunks of butter. Replace the top half, and serve at once.

EGG AND BACON TOASTS

INGREDIENTS

3 eggs
 3 rashers bacon cut in No. 4 or finer
 ½ small teaspoon meat extract
 Finely-chopped parsley

Salt, pepper
 Bread
 Butter

Method.—Cut slices of bread the usual thickness for toast. Using a sharp cutter, cut out rounds about 2 inches in diameter. After removing the rind, chop the bacon up finely. Fry it, without additional fat, in a small saucepan. Beat eggs, and add them when the bacon is cooked—it must not be hard and browned. Add the meat extract, and mix well. Cook till the mixture is thick, but not dry. Season with pepper and salt, if necessary. Meanwhile, toast the rounds of bread. Butter them. Pile the egg and bacon mixture on. Sprinkle with parsley, and serve at once.

CHEESE WAFERS

INGREDIENTS

8 oz. flour
 1 oz. butter
 Water

Salt, cayenne
 4 oz. finely-grated cheese

Method.—Sift flour with a liberal pinch of salt and dash of cayenne into a bowl. Rub in butter with the finger-tips. Add the cheese, and mix well. Add enough cold water to make all into a stiff dough. Roll out thinly on a floured board. Cut into convenient shapes, small oblongs are best, and bake in a moderate oven from 10 to 15 minutes. Place on a rack till cold. Serve with or without butter.

WALNUT TITBITS

INGREDIENTS

$\frac{1}{2}$ gill cream	Salt, cayenne
Walnut halves	Curry powder
Finely-chopped walnut	About 1 dessertspoon finely-grated
$\frac{1}{2}$ teaspoon gelatine	cheese

Method.—Pour the cream into a bowl. Add gelatine, a liberal pinch of salt, a dash of cayenne. Sprinkle in $\frac{1}{2}$ teaspoon curry powder. Beat cream till it hangs on the whisk. Stir in the cheese—enough to make the cream stiff. It may be more or less than 1 dessertspoon. Put aside in a cool place till required. Take a small teaspoon of the mixture. Roll it lightly into a ball. Press a half walnut on either side. Roll the centre in chopped walnut, and place in a small paper case—the kind used for sweets.

CORN CAKES

INGREDIENTS

4 cups cornflakes	1 cup sugar
$\frac{1}{2}$ cup chopped walnuts	2 oz. butter, melted
$\frac{3}{4}$ cup desiccated coconut	2 egg whites

Method.—Beat egg whites to a stiff froth. Add sugar. Beat again. Then add the walnuts, coconut, and butter. Mix well. Add the cornflakes. Pinching the mixture together, put out small quantities, either on a greased tray or in paper patty cases. Bake in a slow oven, from 20 to 30 minutes, till browned.

CREAM CARAMEL SANDWICH

INGREDIENTS

3 oz. butter	$\frac{3}{4}$ level teaspoon bicarbonate of soda
2 eggs	$\frac{1}{2}$ gill milk
4 oz. sugar	1 $\frac{1}{2}$ level teaspoons cream of tartar
6 oz. flour	

For the Caramel :

6 oz. sugar	Squeeze lemon juice
1 gill water	

For the Filling :

1 gill cream	Vanilla essence
1 dessertspoon castor sugar	

For the Butter Icing :

2 $\frac{1}{2}$ oz. icing sugar	1 teaspoon hot water
1 oz. butter	Vanilla essence

Method.—Cream butter and sugar. Beat eggs and add gradually, beating them well in. Stir in the milk. Sift the flour and rising to

gether, and beat lightly into the other ingredients. Bake in two greased sandwich tins, in a moderate oven, for about 30 minutes. Turn on to a sieve to cool. Whip the cream with a drop or two of vanilla essence and the castor sugar till it is stiff. When the cake is cold, put the two halves together with prepared cream between.

For the caramel, put the sugar, water, and lemon juice into a small saucepan over a gentle heat. Stir now and then, till the sugar is completely dissolved. Boil rapidly, without stirring, till a pale amber color. While the caramel is boiling, take a pastry brush dipped in cold water, and brush round the inside of the pan to prevent granulation. Allow the caramel to cool and thicken slightly. It will become darker in color.

Pour over the top of the cake quickly. Spread it evenly and up to the edges. Take a knife, rub the edge with a little butter, and, as the caramel begins to set, mark it across in segments, repeating the process till the lines are well defined. If this is not done, it is difficult to cut the cake. Allow to get cold, and pipe with a border of butter icing made as follows :

Cream butter. Sift the icing sugar, and add it a spoonful at a time, beating well. Add a drop of vanilla essence and the hot water. Beat well till thoroughly blended, and set aside till cold and firm before using.

MUSHROOM ROLLS

INGREDIENTS

A fresh 2-lb. sandwich loaf
Butter
1 teaspoon flour

$\frac{1}{2}$ lb. mushrooms
 $\frac{1}{2}$ cup milk
Salt, pepper

Method.—Clean and peel the mushrooms, and chop them roughly. Melt a tablespoon or more of butter in a small pan. Add mushrooms, and a good seasoning of salt and pepper. Fry till tender. Remove from the fire. Add flour and stir it well in, then the milk by degrees, stirring all the time. Return to the fire and stir till the mixture boils. Cook for 3 minutes. Taste and add more salt and pepper if necessary. Allow to get cold.

Take a long, sharp, breadknife and carefully cut off one entire side crust of the sandwich loaf. Butter the bread, and cut several thin slices. Spread with the mushroom mixture, and roll up the bread from end to end, pressing it down to make it stay in shape. With a sharp knife cut the roll in slices from $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Toast these lightly on both sides. They should be served at once. If you do not like the black look of the mushrooms, sprinkle the rolls on the upper side with finely-chopped parsley, or paprika, after toasting.

MELTING MOMENTS**INGREDIENTS**

$\frac{1}{2}$ lb. butter	2 level tablespoons maizena
7 level tablespoons plain flour	2 level tablespoons castor sugar

Method.—Soften the butter, and cream it with the sugar. Add flour and maizena. The mixture will be too moist to roll, and only sufficiently stiff to take up on a knife and place in small quantities on a slide. Bake in a brisk oven for about 10 minutes. Place on a sieve till cold, and put two together with a smear of lemon butter. (See page 252, Icings and Fillings Section.)

GINGER PUNCH**INGREDIENTS**

2 cups orange juice	2 teacups sugar
1 cup lemon juice	$\frac{1}{2}$ cup preserved ginger, chopped finely
2 cups water	

Method.—Boil sugar and water with the ginger for 8 minutes, and allow to get cold. Strain and add the orange and lemon juice. Set on ice till required. Serve with small chunks of ice in each glass.

SHERRY FRUIT**INGREDIENTS**

Orange	Rock melon
Pineapple	Finely-chopped walnuts
Sherry	Sugar

Method.—Prepare the fruit as for a salad, and cut it into neat chunks, saving all the juice possible. Put fruit and juice into a bowl, and shake over a small quantity of sugar. Allow to stand for several hours on ice. Serve in sundae or other crystal glasses, with a dash of iced sherry (about a dessertspoon). Sprinkle with chopped walnuts.

A CHILDREN'S PARTY

Almost all the adjuncts to a successful children's party may be made at home.

It is a good plan to choose a color scheme, and keep to it. Pink and blue, mauve and pink, red and white, are good combinations.

Usually paper caps come in various colors and shapes. With a few packets of crêpe paper you will get a better effect by having them all the same, or identical in shape, in alternate colors. For instance, taking the red and white scheme, make one cap red with white streamers or trimmings, the next white with red streamers, and so on, alternately round the table.

Sunbonnet shapes, with flat paper masks sewn in for the back portion, are effective and most amusing.

The table itself rarely has much room for decoration. Two strips of paper, placed diagonally across the white cloth, are sufficient. Tie the paper in bows at the corners, unless cramped for room.

A touch of secrecy or mystery adds to the fun, so, if you are presenting each child with a gift or prize, let it be wrapped. A huge cracker of crêpe paper, strengthened inside with brown paper or light cardboard, and containing all the parcels, is not hard to make. Either suspend it over the table or place it on the table, resting on something tall.

Gas-filled balloons, tied to the backs of the chairs, give height to the table, but not every hostess can afford them. Breath-filled ones can be made more interesting by the addition of feet. Each pair of feet is made in one piece of cardboard, and the mouthpiece of the balloon is passed through a hole in the cardboard, where the two feet join. They should be of a good size, to ensure balance. Then, with the aid of a paint-brush and water colors, a face is painted on the balloon. The result is worth the extra trouble.

But, after all, the table with its good things is the party for children, so let them begin to eat soon after they arrive.

Provide bread and butter or scones, with hundreds and thousands, or sandwiches—perhaps both. It depends on the ages of the children and the number. Leave the crusts on the bread for the hundreds and thousands. The pieces are less floppy. Most children like drop scones or pikelets. They are easily made on the reverse side of a frying-pan—the larger the better—if you have not a griddle.

Here is a suitable menu :

Drop Scones (see page 254).

Small Cakes.

Meringues.

Lamingtons.

Sponge Lilies.

Cream Puffs.

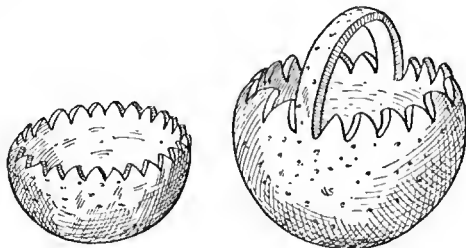
Rainbow Cake.

Trifle (see page 159).

Melon Basket (see page 160).

ORANGE BASKETS

Individual jellies may be served in baskets cut from orange peel as shown in the accompanying sketch. Small fresh flowers may be used for decoration.



A variety of cakes may be made with the following recipe as a basis :

SMALL CAKES

INGREDIENTS

1 large teacup sugar
6 tablespoons oiled butter
2 cups S.R. flour

1 small cup milk
2 eggs

Method.—Beat well together the sugar, eggs, and butter. Add flour and milk (more if the batter is too thick). Beat again for a few minutes. To vary the flavoring and appearance, divide the mixture into four. Add cochineal to one, cocoa to another, grated orange rind or orange flavoring to the third, leaving the last plain. Bake in paper cases in a moderate oven.

Ice, when cold, with icing sugar mixed to a smooth paste with water, and colored or flavored as required. Pink cakes—usually the favorites—look appetising with glacé cherry or angelica for decoration. Children like cakes with their initials on them, picked out with silver cachous.

Decorate the chocolate icing with half a walnut or almond; the orange with a mandarin quarter, half a date, or a small strip of candied orange-peel; and the white icing with chocolate sprinkles, a coffee star, or chopped nuts, with a sprinkling of cinnamon.

Still more variation may be had from the same recipe. Use plain or pink cakes, uniced. Should they have risen to a peak, trim level with a sharp knife, and smear with whipped cream. Make a stiffish red or green jelly in a soup-plate, about $\frac{1}{4}$ inch in depth. When set, stamp out with a round cutter and place on top of the cakes.

MERINGUES

INGREDIENTS

Allow 2 tablespoons sugar to each white of egg

Method.—Beat egg whites to a stiff froth, till the basin may be turned upside down with safety. Add 2 tablespoons sugar, and beat well again. Continue in this way till the required amount of sugar is absorbed. Place white paper on a baking sheet, and put out spoonfuls of the mixture, keeping an oval shape. Use a large teaspoon or a dessertspoon. Do not make them too large. Remember not to put them very close together, as they swell slightly in cooking. Place high up in a moderate oven, and turn the gas as low as possible. They will take from $3\frac{1}{2}$ to 4 hours to cook. Turn out the gas, and allow the meringues to get cold in the oven. When quite cold, store in air-tight tins.

LAMINGTONS

INGREDIENTS

$\frac{1}{2}$ lb. butter

$\frac{3}{4}$ lb. sugar

3 cups S.R. flour

4 eggs

1 cup milk

Vanilla essence

Method.—Beat butter and sugar to a cream. Add eggs, well beaten, then milk, flour, and essence. Beat all well together. Bake in a square tin in a moderate oven. When cold, cut into squares, coat with chocolate icing, and coconut. For the icing, mix cocoa (enough to make it dark brown), icing sugar, and hot water to a smooth paste, so that it will just run. Hold the cake on a large fork. With the aid of a knife, and the icing in a soup-plate or piedish, coat each side. With the cake still on the fork, sprinkle freely with desiccated coconut.

SPONGE LILIES

INGREDIENTS

1 teacup sugar

1 teacup S.R. flour

3 eggs

Angelica

Cream

Candied orange peel

Method.—Beat yolks of eggs and sugar till white and creamy. Whip the egg whites to a stiff froth, and beat well with the yolks and sugar. Sift flour, and stir lightly into the mixture. Drop dessertspoons on a greased slide, allowing room for them to spread. Bake until pale brown in a fairly-hot oven from 8 to 10 minutes. Do not allow them to become crisp or they will not roll. Quickly remove the

cakes, one at a time, from the slide, and, while hot, twist them into the shape of a lily. They roll well round a small wooden spoon-handle. When cold fill the shape with whipped cream. Insert a piece of orange peel to represent the spike, and make the stem of angelica.

CREAM PUFFS

INGREDIENTS

2 oz. flour
1 oz. butter
Cream

$\frac{1}{4}$ gill water
2 eggs well beaten

Method.—Bring water and butter to the boil. Move aside, add flour (all of it) quickly. Return to the stove, and, with a wooden spoon, stir well, till the mixture leaves the sides of the saucepan. Cool slightly, add beaten eggs a little at a time, stir, and beat vigorously. Put dessertspoons on a greased baking sheet, and cook in a moderately-hot oven for 15 minutes. Turn gas well down, and cook for at least 30 minutes altogether. When cold, make a slit in the side of the puff, and fill with sweetened whipped cream. Dust with soft sugar. Raspberry jam, rubbed through a sieve, and beaten with cream, makes a delightful change for the filling.

RAINBOW CAKE

INGREDIENTS

3 cups flour
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ lb. butter
4 eggs

1 teaspoon bicarbonate of soda
2 teaspoons cream of tartar
 $\frac{1}{2}$ cup milk
Vanilla essence

Method.—Beat butter and sugar to a cream. Add eggs one at a time, milk and essence, beat well. Sift flour with soda and cream of tartar, and add; beat well again. Divide into 3 equal portions. Color one with cochineal, another with cocoa, and leave the third plain. Bake in greased sandwich-tins in a moderate oven for about $\frac{1}{2}$ hour. Put mock cream or butter icing between the layers. If coating it with butter icing, it would be economical to use the same for the filling.

BUTTER ICING

INGREDIENTS

2 cups sifted icing sugar
1 tablespoon oiled butter

2 tablespoons boiling water

Method.—Mix all ingredients well together, and use as required. This mixture will set firmly, but never harden. Orange or lemon juice may be added for flavoring if liked, or a few drops of cochineal. Should it begin to set before you can use it all, stand the bowl of icing in hot water.

MOCK CREAM

INGREDIENTS

$\frac{1}{2}$ breakfastcup milk	$1\frac{1}{2}$ tablespoons sugar
1 heaped teaspoon cornina or maizena	1 rounded dessertspoon butter

Method.—Heat the milk. Add cornflour, blended with a little cold water, stir well to avoid lumps, and boil for a few minutes. Put out on a saucer to cool. When quite cold, add to the creamed butter and sugar. Beat for several minutes, till well blended and like cream. The addition of finely-chopped walnuts to mock cream makes a change.

A HOBO PARTY

A hobo party is great fun for young people. It should be well thought out and properly carried through, with the hobo atmosphere pervading—not too strongly, of course.

Send out the invitations on scribbling paper, with words misspelt and use cheap envelopes. Request your guests to come in their oldest, funniest, and most tramplike clothes. A prize might be given for the best—or worst—representation.

Play ridiculous games, either out of doors or in, or spend the evening dancing. Give the party the run of several rooms for their indoor games.

If it is feasible, the hoboies might go to the kitchen and cook for themselves. If not, food-stuffs must be prepared with a view to easy manipulation, and the supper should be a buffet affair where everyone helps himself. Have piles of plates, odd in pattern and size; plenty of forks, toothpicks, and teaspoons; odd tumblers, cups, and saucers; and for the soup use a mixed array of kitchen cups, enamel mugs and cups without handles. Paper table-napkins are in order, and paper doyleys where doyleys are needed. Serve the food on odd dishes, and attach names to the concoctions, printed clearly and stuck in with toothpicks. On the buffet, separate the sweet from the savory dishes, and, if possible, the hot from the cold. Keep the drinks apart.

This is the menu for hoboes :

Crayfish.
Oysters.
Shrimps.
Sardines.
Saveloys.
Ham and Eggs.
Corned Beef.
Soup.
Cheese.
Celery.
Rolls.
Bread and Butter.
Swiss Roll.
Rock Cakes.
Baked Apples.
Bananas.
Peanuts.
Humbugs.

With coffee, tea, and other liquids, according to taste.

CRAYFISH

INGREDIENTS

2 small crayfish
1 medium tomato
4 or 5 young lettuce leaves

1 doz. capers
1 tablespoon mayonnaise
Salt, pepper

Method.—Split the crays in half down through the back. Remove the flesh and claws, and clean the shells with cold running water. The two tail shells will fit neatly together, assuming a horseshoe shape, and the two bodies fit end on end, if they are needed. The shells thus prepared will form receptacles for the crayfish. Cut up the flesh and the tomato into small pieces. Wash, dry, and shred the lettuce finely. Roughly cut up the capers, and mix all together in a bowl with the mayonnaise. Add salt and pepper, and mix well. Fill the shells, piling it well up. Set on a dish, together with the best claws, placed at one side.

OYSTERS

INGREDIENTS

1 or 2 doz. oysters
Lemon

Cayenne
Parsley

Method.—Wash the shells well. Open them carefully. Remove any small bits of loose shell adhering to the oysters, which must be left

on the deep shell. Sprinkle lightly with cayenne, and set them on a dish with thin quarters of lemon in the centre. Add parsley as a garnish.

SHRIMPS

INGREDIENTS

Brown bread and butter

Shrimps

Method.—Remove the heads, tails, and shell of the shrimps. See that they are perfectly clean. Cut thin slices of buttered brown bread, and stamp out rounds with a small cutter, or cut them into small squares. Place a shrimp on each, and have toothpicks near at hand for spearing them.

SARDINES

INGREDIENTS

8 or 9 hard-boiled eggs
1 small tin sild (luncheon size)
Dash cayenne

Squeeze lemon juice
1 dessertspoon butter, melted

Method.—Peel the eggs, and cut them in half lengthways. Remove the yolk. Place it in a bowl with the cayenne, lemon juice, and sild, previously boned, freed from oil, and with the tails removed. Pound and mash all well together. Add melted butter, and mix well. Roll into little balls with the hand, and press a ball into each egg white. Cover a dish with lettuce, and serve the eggs, cold, on this.

SAVELOYS

Provide either the small cocktail variety, or large saveloys. If the latter, cut them in half, or even into three, for easier manipulation. Have toothpicks close at hand.

HAM AND EGGS

INGREDIENTS

1 lb. puff paste
 $\frac{1}{4}$ lb. ham
6 eggs

Salt, pepper
Egg yolk for glazing

Method.—Divide the paste in two. Roll out in rounds to fit a fire-proof or enamel plate. Cover the plate with one round. Chop ham finely, and put it in the plate. Carefully break in the egg on top of the ham, and season well with salt and pepper. Wet the edge of the paste

with a little cold water. Place the other round of paste on top. Press down round the edges, and flute between finger and thumb. Glaze over with egg yolk. Prick the top carefully, between the yolks of the eggs only, and bake in a hot oven, till the pastry is risen and set. Lower the temperature, and cook for 30 minutes longer, to make sure the eggs are done. Serve cold.

CORNEB BEEF

Make sandwiches of thin bread and butter with minced corned beef and a little tomato sauce added.

SOUP

INGREDIENTS

1 carrot	1 small onion
1 parsnip	1 teaspoon meat extract
1 turnip	2 quarts stock or water
1 small head celery	

Method.—Scrape carrot, parsnip, and turnip. Peel the onion, and wash and prepare the celery. Chop these vegetables into neat dice, and place them in a large saucepan with the stock and meat extract. Add a good seasoning of salt. Cover closely. Bring to the boil, and simmer slowly for several hours, till the vegetables are tender and the soup flavored. Remove some of the vegetables, and serve the soup piping hot in a tureen. Place teaspoons and kitchen cups and mugs close at hand.

CHEESE

Take small water biscuits. Spread with butter, and place a thin slab of cheese on top. If possible, have a strong and a mild cheese, or Gruyère and Cheddar.

CELERY

Take a young head of celery. Wash and prepare it. Place in a celery glass, leaving on the pale young tops for effect. Remember to supply a salt shaker.

ROLLS, AND BREAD AND BUTTER

Slice the rolls in half. Butter thickly and replace together. Then cut in half. Cut thin slices of buttered brown bread, and cut in small squares or pieces. Place these on a plate close to the oysters, and the rolls near the crayfish.

SWISS ROLL**INGREDIENTS**

4 oz. S.R. flour
4 oz. sugar

3 eggs
Apricot or raspberry jam

Method.—Separate the eggs. Beat the yolks with the sugar till creamy. Whip whites to a stiff froth. Mix together, and beat for $\frac{1}{2}$ hour with a whisk. Lightly stir in the flour, and pour the mixture into a well-buttered Swiss-roll tin. Bake in a moderately-hot oven (high up in the oven, and close under the browner, if you are using gas) for about 10 minutes. Have ready a damp cloth. When the roll is cooked, turn it on to this at once. Cut off the edges. Spread quickly with jam, and roll it up in the cloth, allowing it to remain so till nearly cold.

ROCK CAKES**INGREDIENTS**

$\frac{1}{2}$ lb. flour
1 teaspoon baking powder
4 oz. dripping
4 oz. sugar

4 oz. sultanas and currants (mixed)
1 egg
Milk

Method.—Sift flour and baking powder into a bowl. Rub in the dripping lightly with the finger-tips. Add sugar and fruit, previously cleaned and picked over, and mix all together. Beat the egg. Add a small quantity of milk, and mix enough of this liquid with the dry ingredients to make a stiff mixture. Take up a little in the fingers, and press into small rough lumps. Place on a greased slide, and bake in a moderately-hot oven, for about 10 minutes, till browned.

BAKED APPLES**INGREDIENTS**

Small cooking apples
Butter
Sugar
Ground cloves

Ground cinnamon, or ground allspice
Apple or quince jelly
Water

Method.—Wipe the apples. Core them thoroughly. Place the apples in a large casserole or piedish. Fill cavities with sugar. Smear apples liberally with butter. Sprinkle with cloves, cinnamon, and more sugar, over and round. Add water about half-way up the apples. Bake in a moderate oven, till the apples are done and the liquid reduced to a thin syrup. Place apples on a large dish. Pour over some of the syrup, and allow to get cold. Put a teaspoon jelly into each apple, and serve with plenty of clotted cream in a separate bowl.

BANANAS, PEANUTS, HUMBUGS

Arrange these in dishes, and label them.

QUANTITIES FOR ENTERTAINING

When catering for large numbers, it is difficult to know exactly how much will be required. The following hints should be helpful :

Tea and Coffee for 100 Persons.—When serving both tea and coffee, allow $\frac{1}{2}$ to $\frac{3}{4}$ lb. tea and 1 lb. coffee.

For tea served alone, allow 1 lb. tea and 3 quarts milk.

For coffee served alone, allow 2 lb. coffee and 1 gallon milk or a little more.

Sandwiches :

Bread.—A 2-lb. sandwich loaf will cut into 36 slices, making 18 rounds. Each round is cut into four, making 72 sandwiches.

Butter.—If softened (by constant mashing and slight warming) $\frac{1}{2}$ lb. butter will spread 36 slices of bread.

Meat.—8 to 10 oz. meat (chopped finely) will fill 18 rounds of sandwiches.

Eggs.—6 large eggs, hard-boiled and mashed thoroughly with seasoning and 2 tablespoons melted butter, will fill 18 rounds of sandwiches.

Jelly.—A quart will provide 12 small helpings.

Ice Cream.—A quart will provide 18 small helpings.

Fruit Salad.—A quart will provide 8 helpings.

Sandwich Cake.—If a small round is cut in the centre of the cake, the remainder will cut into 12 slices, making 13 altogether.

Sugar.—There are approximately 110 lumps of loaf sugar in 1 lb.

MEALS



for TWO

CATERING for two is difficult. Recipes mostly serve 4 or 5 persons, and there are few really small joints. But the housewife who understands the art of remaking and disguising remains has solved the problem.

Individual dishes and moulds and a small casserole are useful in the service of meals for two.

CASSEROLE PORK CHOPS

INGREDIENTS

2 pork chops
1 small onion
1 apple
1 level tablespoon flour

1 dessertspoon dripping
1 teacup cold water
Salt, pepper

Method.—Melt the dripping in a small pan, and fry the onion, peeled and finely sliced. Peel, core, and slice the apple, and place it in the casserole with the fried onion. Add a good seasoning of salt and pepper to the flour. Roll the chops in this, and place them in the casserole. Mix the remaining flour with the dripping, in which the onion was fried. Blend well over the fire. Add the cold water, and stir till it boils. Pour over the chops, cover the casserole. Bake in a moderate oven for about 2 hours.

CHICKEN IN CASSEROLE

INGREDIENTS

A small chicken
1 young carrot
1 young parsnip
3 or 4 small onions

3 or 4 small new potatoes
2 rashers bacon
2 tablespoons water

Method.—Prepare the vegetables. Slice up the carrot and parsnip. Remove the rind from the bacon, and place the rashers over the breast of the chicken. Put into the casserole with the vegetables. Add the water, cover closely, and cook, in a moderate oven, for about 1 hour.

STUFFED MUTTON

INGREDIENTS

The knuckle end of a small leg of mutton, boned	1 oz. butter, melted
2 heaped tablespoons fresh bread-crumbs	1 dessertspoon tomato sauce
Pepper, salt	$\frac{1}{2}$ teaspoon finely-chopped parsley
	$\frac{1}{2}$ teaspoon finely-chopped mixed herbs

Method.—Mix the dry ingredients together. Add the tomato sauce and melted butter. Blend well. Stuff the cavity in the joint with the mixture, pressing it firmly down. Roast in the usual way.

STEAK ROLL

INGREDIENTS

About 1 lb. rump steak cut in one piece	$\frac{1}{2}$ teaspoon Worcester sauce
2 tablespoons fresh breadcrumbs	$\frac{1}{2}$ teaspoon finely-chopped parsley
1 tablespoon finely-minced ham	1 tablespoon butter, melted
• 1 small boiled onion, minced	Pepper, salt

Method.—Make a stuffing with the dry ingredients, sauce, and melted butter. Mix well, put the steak on the table, and cover it with stuffing. Roll up and fasten securely with one or two skewers. Roast in the oven as you would a joint of meat, basting well. It will take about 30 minutes.

FRUIT TARTLETS

INGREDIENTS

2 large oyster or similar patty cases	1 orange (or any other firm fruit preferred)
1 banana	5 or 6 cherries

Method.—Prepare the fruit as for a salad, keeping it in small chunks or slices. It must not be mushy. Sprinkle with sugar, and allow to stand several hours. Fill the cold cases with fruit, piling it up. Serve the juice separately in a small jug.

KROMESKIES

INGREDIENTS

$\frac{1}{2}$ lb. or less cooked fish or meat	$\frac{1}{2}$ cup milk
1 teaspoon butter	$\frac{1}{2}$ lb. fat bacon rashers, cut fine
1 rounded teaspoon flour	Salt, pepper
<i>For the Batter :</i>	Salt
1 $\frac{1}{2}$ tablespoons flour	1 teaspoon butter, melted
$\frac{1}{2}$ gill (bare) warm water	1 small egg

Method.—Make the batter early. It will improve with standing. Sift the flour and salt into a bowl. Separate the yolk from the white of egg. Add the yolk to the flour, mixing well. Add the water gradually, beating thoroughly. Add the melted butter, and allow the mixture to stand till cold. At the last whip the egg white to a stiff froth, and stir it well into the batter. It should be thick and creamy. If the egg is large, it would be advisable not to use it all.

When using left-over fish for kromeskies, see that it is free from skin and bone, and mash it up well. Make a thick sauce by melting the butter. Add flour and blend well. Add the milk gradually, stirring all the time, and cook, over a low fire, till it boils. Remove from the fire. Add the fish. Season with salt and pepper, and mix all thoroughly. Turn on to a plate, and allow to get cold and firm. Remove the rind from the bacon, which must be cut in fine rashers (No. 4 for preference). If you are able to get short rashers, cut from the fat end of the bacon, they answer the purpose admirably. Ordinary rashers will do, but each one must be cut in two. Roll the fish mixture into small sausages, using a little flour to prevent sticking. Roll each sausage in a piece of bacon. Dip these rolls, one at a time, in the batter. Coat the roll well. Lift out with a flat wire egg-beater. Drain for a second or two, and drop into a pan of deep boiling fat. When using cold meat in kromeskies, it should be minced or cut finely. Then proceed as with fish. Allow time for the bacon and batter to cook through. When done and golden brown, lift out and drain on kitchen paper. Serve at once, with mashed potato, and garnished with sprigs of parsley.

SAVORY PANCAKES

INGREDIENTS

2 dessertspoons flour
1 small egg
Milk, salt, cayenne

Any left-over fish, meat, or vegetables
Curry sauce

Method.—Make a thick white sauce by melting 1 teaspoon butter. Add 1 teaspoon flour, and blend well. Add about $\frac{1}{4}$ cup milk, and stir over a low fire till the mixture boils. Add $\frac{1}{2}$ teaspoon curry powder. Stir well, and season with salt. Add the fish or meat chopped finely. Keep this mixture hot, while making the pancakes. For the batter, which is improved by being made several hours before it is needed, sift the flour, a pinch of cayenne and salt, into a small bowl. Break in the egg. Beat the mixture well, adding enough milk to make the batter run smoothly. Being a savory course, the pancakes must be small. Grease a small frying pan, or if this is not available, pour into the pan a

little of the batter. Shake the pan gently, to prevent sticking. When lightly browned underneath, toss the pancake over, and cook on the other side. Drain on kitchen paper, and at once put a little of the hot curry mixture on the pancake. Roll and serve as quickly as possible.

PICKLED STEAK

INGREDIENTS

1 lb. rump steak	$\frac{1}{2}$ cup tarragon vinegar
1 small onion	$\frac{1}{2}$ cup salad oil
2 cloves	1 cup stock or water
$\frac{1}{2}$ teaspoon mixed herbs, finely chopped	Dripping
$\frac{1}{2}$ teaspoon parsley, finely chopped	Salt, pepper

Method.—Place the steak flat in a piedish. Peel the onion and slice over the steak. Add the cloves, herbs, parsley, and pepper and salt. Mix the oil and vinegar together. Add to the other ingredients. Allow the steak to steep for 5 or 6 hours, turning it occasionally. Remove the steak. Fry it lightly, on both sides, in a little dripping. Turn into a stewpan with the pickle. Add the stock or water. Cover the pan, and allow the steak to simmer gently till done. Strain the liquor. Remove any fat. Reheat and pour it over the meat. Serve with mashed potato.

BRAIN AND HAM PIE

INGREDIENTS

2 sets sheep's brains	Lard, dripping, or butter
$\frac{1}{2}$ lb. ham or bacon	Salt, pepper
Dried breadcrumbs	Squeeze lemon juice

Method.—Skin the brains, and simmer them gently for 15 minutes. Drain well. Mash them with salt, pepper, and lemon juice. Cut up the ham. Add to the brains. Smear a small piedish with lard. Turn the mixture in. Sprinkle with dried breadcrumbs. Dot with lard, and bake in a moderate oven, for about 20 minutes, till browned.

VEAL CUTLETS

INGREDIENTS

2 veal cutlets	Tomato sauce
Egg	Water
Dried breadcrumbs	

Method.—Trim the cutlets. Dip in beaten egg, and roll in bread-crumbs, pressing them firmly on. Fry on both sides in a little dripping. They must be well cooked: underdone veal is indigestible. Drain on kitchen paper, and place on a bed of mashed potato. Mix together, and heat 2 tablespoons tomato sauce and 1 tablespoon water. Pour round the potato.

CARAMEL CUSTARDS

INGREDIENTS

$\frac{1}{2}$ pint milk
1 tablespoon sugar

2 eggs
Vanilla essence

For the Caramel:

3 tablespoons sugar

1 dessertspoon water

Method.—To make the caramel, put the sugar and water into a small saucepan, over a low heat. Stir and dissolve the sugar completely, before allowing the mixture to boil. Then boil rapidly, without stirring, till it is pale amber. It will go on cooking and darken after being removed from the fire. During the boiling process, brush round the inside of the saucepan with a pastry brush to prevent granulation. Have ready two plain-sided moulds. Pour in the caramel, and tip the moulds to let it run round the sides. Heat the milk. Pour it over the eggs and sugar beaten together. Add a drop of vanilla essence, and fill each mould with the custard. Tie buttered paper over the tops, and bake in a slow oven till set. To be eaten either hot or cold.

CHOCOLATE SHAPE

INGREDIENTS

1 cup milk
2 oz. grated chocolate
1 dessertspoon gelatine

1 egg yolk
1 dessertspoon sugar
Vanilla essence

Method.—Warm the milk, with the chocolate in it, sufficiently to dissolve the chocolate. Add the sugar. Stir till dissolved, and allow to get cold. Dissolve the gelatine in a little hot water. Stir into the milk. Add the beaten egg yolk and a drop or two of vanilla essence. Pour into a wet mould, and place aside till set. Unmould, and serve with whipped cream.

DATE PIE

INGREDIENTS

$\frac{1}{2}$ lb. short crust or puff paste
1 cooking apple
 $\frac{1}{2}$ cup stoned dates

1 tablespoon seeded raisins
Sugar

Method.—Peel, core, and slice the apple. Place it in a small pie-dish, and sprinkle with sugar. Over this spread the dates, and then the raisins, chopped roughly. Roll out the crust, and cover the pie. Bake in a good oven till the pastry is cooked. Lower the temperature, and cook $\frac{1}{4}$ hour or so longer, to cook the apple thoroughly.

PASSIONFRUIT SOUFFLÉ

INGREDIENTS

4 passionfruit	3 teaspoons cornflour
$\frac{1}{2}$ pint water	1 small egg white
2 oz. sugar	

Method.—Scoop out the passionfruit. Put the fruit, water, and two shells on to boil. Simmer for a few minutes. Strain. Add the sugar and the cornflour, blended with a little cold water. Stir and boil for about 5 minutes. Allow to cool. When nearly set, whip the egg white to a stiff froth, and beat it well into the mixture. Pour into a wet mould, and place aside till set. Unmould, and serve with cream or boiled custard.

RHUBARB FOOL

INGREDIENTS

$\frac{1}{2}$ pint stewed rhubarb	1 gill cream
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Method.—Rub the cold rhubarb through a sieve or strainer. Whip the cream. Beat both together, till the mixture is frothy. Stand on ice till required.

JELLIED TONGUES

INGREDIENTS

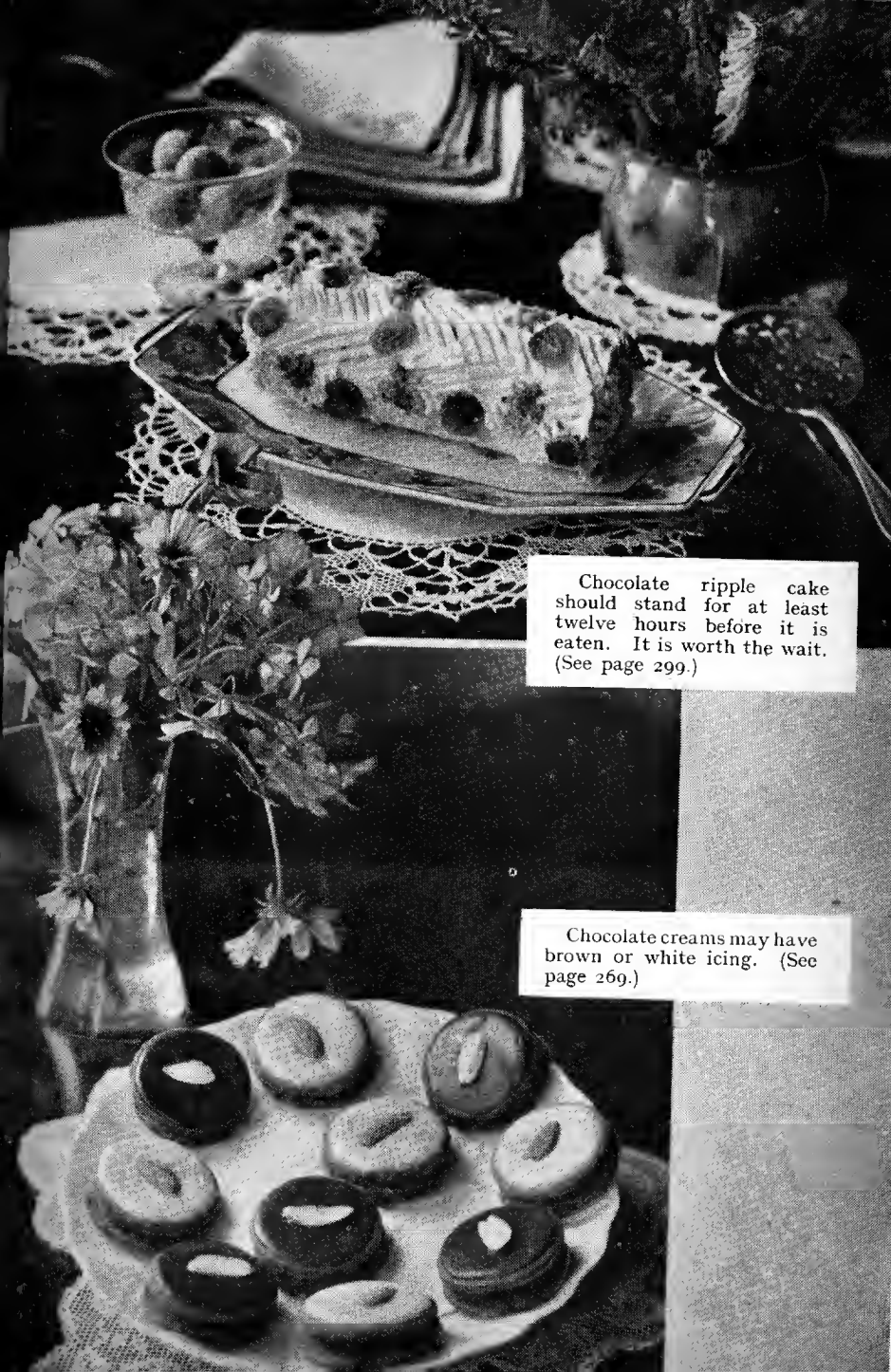
2 or 3 sheep's tongues	1 small tomato
2 dessertspoons gelatine	$1\frac{1}{2}$ pints water
Salt, pepper	1 saltspoon meat extract

Method.—Wash the tongues well. Soak them in cold water for $\frac{1}{2}$ hour. Put them into a saucepan with the water. Cover and bring slowly to the boil. Simmer gently, from $2\frac{1}{2}$ to 3 hours, till tender. Skin the tongues. Remove the gristly parts of the root and any small bones. Slice each tongue in half lengthways. Strain the liquor. Measure off 1 pint. Add the meat extract, salt, and pepper, and the gelatine. Heat till the gelatine is dissolved. Rinse out a plain mould (or cake tin) with cold water. Pour in a thin layer of liquor. Allow this to set, and arrange on it neat slices of tomato. Place the tongues on top. Add the rest of the liquor, and put aside till set. Unmould, and serve surrounded with crisp young lettuce leaves.

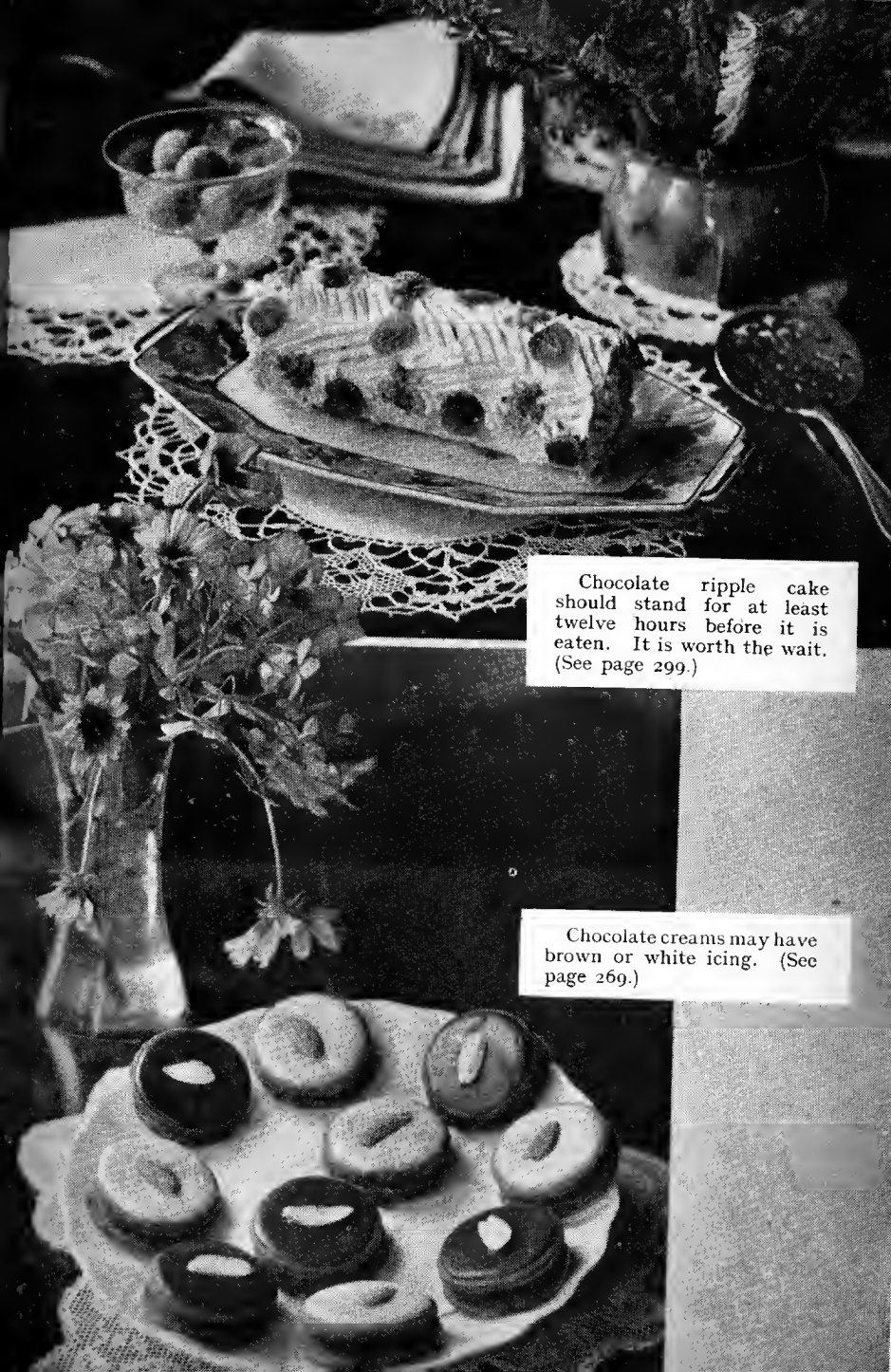
FISH PIE**INGREDIENTS**

Remains of smoked cod, tinned salmon, or fresh fish, 4 to 6 oz.	Salt, cayenne
1 dessertspoon raw onion, minced	1 hard-boiled egg
1 teaspoon butter	$\frac{1}{2}$ teaspoon anchovy sauce
$\frac{1}{2}$ cup milk	1 heaped teaspoon flour
$\frac{1}{2}$ teaspoon finely-chopped parsley	Breadcrumbs
	Extra butter

Method.—Melt 1 heaped teaspoon butter in a small saucepan, and fry the onion. Add the flour and blend well. Add the milk gradually, stirring all the time, and bring slowly to the boil. Add the anchovy, parsley, salt, and cayenne, and mix well. Butter a piedish. Put in a layer of fish, sauce, and sliced egg, more fish, sauce, etc., with sauce for the last layer. Sprinkle freely with breadcrumbs. Dot with butter, and bake, in a moderate oven, till browned.



Chocolate ripple cake should stand for at least twelve hours before it is eaten. It is worth the wait. (See page 299.)



Chocolate creams may have brown or white icing. (See page 269.)

A novel way of serving orange and pineapple salad. (See page 150.)



A good assortment of biscuits is an excellent standby. (See Scones, Loaves, Buns, and Biscuits.)



EMERGENCY DISHES



In an emergency simple or elaborate dishes can be concocted from tinned goods.

PINEAPPLE SANDWICH

INGREDIENTS

Large tin pineapple slices	A plain sponge sandwich unfilled
$\frac{1}{2}$ pint cream, sweetened and whipped	Gelatine

Method.—Drain the juice from the pineapple. Measure it, and allow gelatine in the proportion of 1 dessertspoon to each cupful juice. Heat the juice and dissolve the gelatine in it. Pour into a shallow basin and allow almost to set. Then whip it till light and frothy. Take half the sandwich, place in a large bowl, and pour half the whipped jelly over. Place a layer of pineapple on this, then a layer of cream. Put the other portion of the sandwich on top. Add the rest of the jelly, and cover all with blobs of cream. Cut the remaining pineapple rings into quarters, and place them upright in the cream. Chill well before serving.

SWEET CORN TARTLETS

INGREDIENTS

$\frac{1}{2}$ lb. short crust	2 beaten eggs
Small tin sweet corn	Salt, pepper

Method.—Roll out the pastry, and stamp out rounds to fit small, deep patty pans. Line the tins, prick the bottoms with a fork, and bake in a good oven, till crisp. Mix the eggs and a seasoning of salt and pepper with the sweet corn. Pour some into each case, and bake in a moderate oven till thoroughly heated through.

VEGETABLE MOULD

INGREDIENTS

Large tin vegetable soup	2 cups stock or water
2 good dessertspoons gelatine	

Method.—Heat the vegetables with the water. Dissolve the gelatine in this, pour into a wet mould, and allow to set. Garnish with lettuce.

ASPARAGUS BOATS

INGREDIENTS

1 doz. savory boat shells	A tin asparagus tips
From 2 to 3 tablespoons mayonnaise	Green coloring
Small quantity whipped cream	Salt, cayenne

Method.—Put about a teaspoon mayonnaise into each boat. Drain the asparagus, and place 3 or 4 tips in each. Add a few drops of green coloring to the whipped cream. Make a band of this across the centre of the tips as a finish.

SILD FRITTERS

INGREDIENTS

2 small tins sild (luncheon size)	$\frac{1}{2}$ cup warm water (bare)
4 heaped tablespoons flour	1 small egg
1 tablespoon melted butter	Salt

Method.—Separate the yolk from the white of egg. Sift the flour and a pinch of salt into a bowl. Break in the egg, and with a wooden spoon stir in the centre, gradually incorporating the flour. Add the melted butter, then the warm water, still stirring thoroughly. Beat well, and stand aside for $\frac{1}{2}$ hour. Just before using whip the egg white stiffly, and stir into the batter. Drain the oil from the fish, and, if they are large, remove the backbones and tails. Dip them into the batter. Fry in plenty of boiling fat till golden brown. Drain on kitchen paper.

PILCHARD PATTIES

INGREDIENTS

2 cups mashed potato	1 small tin pilchards
Milk	Egg, breadcrumbs

Method.—Free the fish from liquid, skin, and bone. Mash with the potato, adding milk if necessary to make the mixture the right consistency, rollable, but not too sticky. Roll into balls with the palms of the hands. Dip in beaten egg, and roll in breadcrumbs. Flatten the patties slightly top and bottom, and fry in boiling fat on both sides. Drain on kitchen paper.

JELLIED APRICOTS**INGREDIENTS**

1 small tin apricots
Gelatine

Whipped cream

Method.—Measure the liquid from the apricots, and allow 1 dessert-spoon gelatine to each cup juice. Heat the juice and dissolve the gelatine in it. Allow to become cold. Take as many cups as there are apricot halves, rinse out with cold water, and pour a thin layer of juice into each. Allow to set, slip an apricot round side down into each, and add the rest of the juice. Place aside on ice if possible, and allow to set. To unmould, dip the cups quickly in and out of warm water. Turn upside down on a dish, and pipe a little cream on each.

SARDINE SOUFFLÉS**INGREDIENTS**

About 1 doz. sardines or small sild
2 tablespoons butter melted
3 medium-sized potatoes

4 eggs
Lemon juice
Cayenne

Method.—Peel, boil, and mash the potatoes very smoothly. Mash the fish well. Add a good squeeze of lemon juice, a pinch of cayenne. Add the beaten yolks of eggs, a little at a time, to the potatoes, then the butter and sardines. Mix all well together. Whip the egg whites till stiff, and stir them lightly into the mixture. Cook in small soufflé cases in a moderately-hot oven, from 15 to 20 minutes. Serve at once. Do not *fill* the cases with the mixture, as it rises in cooking.

PEACHES AFLOAT**INGREDIENTS**

1 tin peach halves
2 tablespoons sugar
1½ cups milk
½ pint cream, whipped

Angelica
2 eggs
Crystallised cherries

Method.—Beat the eggs and sugar together. Heat the milk. Stir into the eggs and sugar. Return all to the saucepan, and stir over a gentle heat, till the custard begins to thicken. Remove at once, and allow to become cold, strain into a large flattish bowl, where the depth of custard will not be too great. Strain the juice from the peaches. Count the number of peach halves, and for each place a good blob of cream on the custard, a little distance apart. Place a peach, round side down, on each blob, and a small spoon of cream in each peach.

Set a cherry in the centre, cut the angelica in thin strips, and place a strip on each side of the cherry man to represent oars. Individual dishes may be used if preferred.

ALBINOES

INGREDIENTS

1 tin preserved pears
7 or 8 sponge cakes
 $\frac{1}{2}$ pint cream

2 or 3 Jordan almonds (blanched)
1 tablespoon castor sugar
Cochineal

Method.—Split the almonds in half lengthways. Cut each half into thinnish strips. Whip the cream with the sugar and a few drops of cochineal. Strain the juice from the pears, and split each sponge cake in half. Place the lower halves on a plate, and pour a little syrup over. Remove carefully to a flat dish on which the sweet should be served. Place the other halves of the cakes on top. Coat with pink cream, and place a pear, round side up, on each. Put a small blob of cream at the base of each pear, to represent the rabbit's tail, and at the head stick in almond strips for ears.

CRAB TOAST

INGREDIENTS

1 tin crabmeat
1 hard-boiled egg
1 oz. butter
1 small teaspoon French mustard

1 oz. flour (bare)
1 cup milk
Pepper, salt
Hot buttered toast

Method.—Melt the butter. Add the flour and blend well. Remove from the stove. Add the milk by degrees, stirring continuously. Return to the fire and boil for 2 minutes. Mash the egg. Drain any liquid from the crabmeat, and remove any sinews. Add to the sauce, with the egg. Mix, and beat thoroughly through. Serve piled on hot buttered toast.

CURRIED WHITEBAIT

INGREDIENTS

2 tablespoons flour
2 oz. butter
1 small onion
to 3 teaspoons curry powder

1 tin whitebait
Salt, lemon juice
2 cups milk and liquid from whitebait
mixed

Method.—Peel the onion, and chop it finely. Melt the butter in a saucepan, and fry the onion till lightly browned and cooked. Remove from the fire. Sprinkle in the flour and curry powder (according to

taste). Blend well, add a squeeze of lemon juice and salt to taste. Then stir in the milk and liquid gradually. Return to the fire, and boil for 2 minutes. Add the whitebait. Bring to the boil again, and allow to stand at the side of the stove for 30 minutes. Serve surrounded with a border of cooked rice, and garnished with quarters of lemon.

PICNIC PIES

INGREDIENTS

2 small tins fish paste
6 hard-boiled eggs

1 lettuce
Mayonnaise

Method.—Wash the lettuce and place in cold water to crisp up. Cut each egg in half across. Remove the yolks and pound them well with the fish paste. Refill the whites. Press two together again. Roll each in a lettuce leaf, dried, and lightly smeared on the inside with mayonnaise. If these are packed in a damp cloth, they carry well.

SALMON SALAD

INGREDIENTS

$\frac{1}{2}$ lb. tin salmon
1 or 2 tomatoes
1 lettuce

6 small new potatoes (cooked in their skins)

For the Dressing :

1 raw egg yolk
3 teaspoons sugar
 $\frac{1}{2}$ teaspoon mustard
1 teaspoon salt

Shake pepper
 $\frac{1}{2}$ cup milk
1 tablespoon butter, melted
1 tablespoon vinegar

Method.—Put the egg yolk into a small bowl. Add salt, pepper, sugar, and mustard. Blend very well. Add the butter, and beat it well in. Stir in the vinegar gradually and lastly the milk. Place the lettuce to soak in cold water. Peel and slice the potatoes thickly. Slice the tomato finely. Free the salmon from skin, bone, and liquid. Slice the eggs. Dry the lettuce and shred it finely. Place on a dish, as a base for the other ingredients. Flake the fish, not too finely, and place over the centre of the lettuce. Surround with slices of tomato and potato, and pour the dressing over. Garnish with the sliced egg.

HAM WITH PORK AND BEANS

INGREDIENTS

$\frac{1}{2}$ lb. cooked ham

1 large tin pork and beans

Method.—Heat the pork and beans as directed on the tin, and serve a slice of cold ham on each plate, covered with the hot pork and beans.

INVALID COOKERY



MEALS for the invalid or convalescent should be as attractive as possible.

Choose a light, but firm, tray, spotless, shining cutlery, and dainty china or glass. Place a flower on the tray, if possible.

Be punctual with the meals. If you are serving a hot dish, see that it is hot, and a cold dish really cold, not cool. Serve small helpings, and serve in such a way that they may be partaken of easily and without undue bother.

Individual dishes look, and are, much better than a helping from a large dish. The food should be varied as often as possible, as everything so soon becomes monotonous for an invalid. Because the patient likes a certain dish, do not serve it continually. Vary the tray cloth, the china, the shape of the mould, the color of the sweet—anything for a change.

Never ask the patient what he or she likes or dislikes ; let each dish be in the nature of a surprise.

Don't tantalise or nauseate by allowing the smell of cooking to reach the sick room.

Never fill a bowl or cup full, for anything spilt in the saucer is annoying and uncomfortable. Remove the tray immediately the meal is finished.

If onions are included in a dish, they should be blanched. Fish should be filleted. Fried food should not be given. Oysters are more digestible and nutritious when raw.

Savory custards make a change. Omit the sugar, season with pepper and salt, and add finely-grated cheese or a little meat extract. Jelly and blanc-mange take on a different air when whipped. Mashed potato may be made to look different and attractive. Fork it into small pyramids, and bake on a buttered slide, in a hot oven, till lightly browned.

MUTTON BROTH

INGREDIENTS

3 or 4 mutton shanks
Salt

2 pints water

Method.—Wash the shanks, place in a saucepan with the water and salt, and simmer, closely covered, from $3\frac{1}{2}$ to 4 hours. Strain, allow to get cold, remove the fat. Re-heat the broth when needed.

INVALIDS' BROTH

INGREDIENTS

1 gill mutton broth
1 egg yolk

Pepper, salt
3 tablespoons rich milk

Method.—Heat the broth in a saucepan, without boiling. Beat the egg yolk, and add with the milk. Season to taste, and heat thoroughly without boiling.

BEEF TEA

INGREDIENTS

1 lb. rump or good beef steak
Pinch salt

1 pint cold water

Method.—Remove every particle of fat from meat. Chop the meat finely, and place it, with the water and salt to taste, in the top half of a double saucepan. Cook over gently simmering water for about 2 hours, or until the liquid loses its raw appearance. (Beef tea should never be boiled.) Strain, and serve as required.

RAW BEEF TEA

INGREDIENTS

$\frac{1}{2}$ lb. rump or good beef steak
Pinch salt

$\frac{1}{2}$ pint cold water

Method.—Free the meat from all fat, mince it finely. Place in a china or earthenware bowl, and cover with the water. Stir well, and allow to stand for about 2 hours. Add salt to taste, strain, and serve cold in a wineglass.

THICK BARLEY WATER

INGREDIENTS

4 oz. barley
Rind of $\frac{1}{2}$ lemon

3 pints water
Sugar

Method.—Blanch the barley as follows: cover it with cold water, bring to the boil, and pour off the water. Place the blanched barley and 3 pints cold water, with the thinly pared lemon rind, in a saucepan. Simmer for $\frac{1}{2}$ hour, strain through muslin, sweeten to taste, and allow to get cold.

THIN BARLEY WATER**INGREDIENTS**

1 oz. barley
1 pint boiling water

Juice 1 lemon
 $\frac{1}{2}$ oz. sugar

Method.—Blanch the barley as directed in the previous recipe, and place in a jug with the sugar and strained lemon juice. Pour the boiling water over, allow to stand till cold, and strain.

ORANGE DRINK**INGREDIENTS**

3 large oranges
1 pint cold water

1 lemon
Sugar

Method.—Mix the water with the strained fruit juice, and sweeten to taste.

EGG FLIP**INGREDIENTS**

1 egg
1 teaspoon sugar

$\frac{1}{2}$ pint milk
1 dessertspoon brandy

Method.—Heat the milk, beat the egg and sugar well together, pour the warmed milk over the egg. Beat well, add the brandy, and serve at once in a tumbler.

FISH EGGS**INGREDIENTS**

1 large egg
1 oz. cooked fish
1 oz. butter

1 dessertspoon cream or milk
Salt, pepper
Hot buttered toast

Method.—Flake the fish finely, and see that it is entirely free from bones. Beat the egg, add cream, and season with salt and pepper. Melt the butter in a saucepan, add the fish, and heat it thoroughly. Add prepared egg, and stir over a low fire until the mixture thickens. Serve piled on hot buttered toast.

MOCK WHITEBAIT**INGREDIENTS**

1 filleted whiting
Thick white sauce
 $\frac{1}{2}$ teaspoon finely-chopped parsley
2 tablespoons water

Flour, salt, pepper
Squeeze lemon juice
Rolls of bacon
Hot buttered toast

Method.—Make quite sure that the fillets are free from bones. Wash and dry them well, and cut them across on the slant, in thin strips. Season a small quantity of flour with pepper and salt, and roll the fish in this. Place it in a small piedish, well buttered. Add a squeeze of lemon juice and the water. Cover with buttered paper, and bake in a moderate oven for about 15 minutes. Pile the fish on hot buttered toast, and keep hot while making the white sauce. Add the parsley to the sauce, and any liquid from the piedish. Mask the fish with sauce, and serve at once, garnished with bacon, which has been cooked in the oven, between two plates.

BAKED BREAM

INGREDIENTS

- | | |
|--------------------------------------------------|-------------------|
| 1 small bream, filleted (or other suitable fish) | 1 teaspoon butter |
| 1 tablespoon water | Fine breadcrumbs |
| 1 tablespoon milk | Pepper, salt |
| | Lemon juice |

Method.—Wash and dry the fish. Butter a small piedish freely, sprinkle it well with breadcrumbs. Put the fish in, squeeze lemon juice over, add the milk and water, previously mixed. Sprinkle liberally with breadcrumbs, and dot with butter. Cover with buttered paper, and bake in the oven, with the dish standing in another containing water, for about 20 minutes, until the fish is cooked. Serve garnished with small sprigs of parsley and cut lemon.

BEEF MINCE

INGREDIENTS

- | | |
|------------------------------------------------------|--------------------------|
| $\frac{1}{2}$ lb. rump steak, or the best beef steak | $\frac{1}{2}$ gill water |
| 1 oz. butter | Salt, pepper |

Method.—Remove all fat and gristle from the steak, and put the meat through a fine mincer. Melt half the butter in a small saucepan. Add the steak and water. Stir continuously over a very low fire, till the meat loses its raw look. On no account must it boil. Add the remainder of the butter, and pepper and salt to taste. Serve at once.

TO COOK EGGS

Coddled Egg

More digestible than the ordinary boiled egg. Have a small saucepan with boiling water, place the egg in. Cover the pan, move to the side of the stove, keep hot, without simmering, and allow the egg to remain in the water for 7 or 8 minutes.

Steamed Egg

More digestible than poached egg. Butter a soup plate, break in the egg carefully, place a small dot of butter on top. Cover with another plate, and cook over boiling water for 4 or 5 minutes. Sprinkle lightly with salt and pepper, and serve on buttered toast.

TRIPE CUSTARD**INGREDIENTS**

1 lb. tripe
1 small onion
2 eggs
Butter

$\frac{1}{2}$ pint milk
Breadcrumbs
Pepper, salt

Method.—Wash the tripe. Place it in a saucepan, cover it with cold water, bring to the boil, and pour off the water. Cover with water again, add salt and peeled onion, cover the saucepan closely, and simmer gently till the tripe is tender, about 4 hours. Strain, and cut up the onion and tripe. Butter a small piedish, put in a layer of tripe and onion. Sprinkle with breadcrumbs, season with salt and pepper, add another layer of tripe, and more breadcrumbs. Beat the eggs, add milk, and pour this custard into the piedish. Put a few dots of butter on top, and bake in a slow oven till set and browned.

SNOW CUSTARD**INGREDIENTS**

2 eggs
1 cup milk

2 dessertspoons sugar
Vanilla essence

Method.—Separate 1 egg yolk from white, beat the white to a stiff froth, add half the sugar, and beat again. Put the milk, with the rest of the sugar, and a drop or two of vanilla, on to boil. When rising, drop in, one at a time, dessertspoons of the beaten white. Allow each to cook gently, till the underside is set. Remove carefully, and place on a sieve to drain and cool. Beat the remaining egg and yolk together, pour the milk over. Using a clean saucepan stir over a gentle heat till the custard begins to thicken. Set aside to cool, strain into a suitable bowl, and set the snow on top.

PEACH FOAM**INGREDIENTS**

2 or 3 good ripe peaches
1 egg white

$\frac{1}{2}$ cup castor sugar

Method.—Peel the peaches and cut them into small pieces. Take a cup of the fruit, and put it into a basin with the sugar and egg white. Beat together for 30 minutes, when the mixture should resemble a thick, smooth cream.

APPLE SOUFFLÉ

INGREDIENTS

1 good-sized baked apple
1 egg white

1 dessertspoon sugar
1 teaspoon lemon juice

Method.—Scoop out the apple pulp, add sugar and lemon juice. Mix well, beat the egg white to a stiff froth, and add to the apple. Butter a dish, turn the mixture in, and bake in a good oven for about 20 minutes. Shake castor sugar over, and serve at once.

APPLE BLANC-MANGE

INGREDIENTS

1 cup milk
 $\frac{1}{2}$ cup apple purée

1 tablespoon cornflour
1 tablespoon sugar

Method.—Heat the milk, blend the cornflour with a little cold water, and add. Stir continuously, and boil for 5 minutes. Add the sugar and apple purée (rather dry stewed apple, passed through a sieve). Stir well together, pour into a wet mould, and stand aside till cold.

THE ART OF CARVING

If a joint or bird is not properly carved, there will be waste. The object of the carver should be to combine the best cuts with the less choice, and divide them evenly among the diners.

Practice is necessary to expert carving. Knowledge of the exact positions of the bones in the various joints is essential. The best way to learn them is to cut up uncooked joints and study them.

The knife should be very sharp and the two-pronged fork have an ample guard.

The dish on which the joint is served should be large enough to allow the joint to be moved with ease.

When carving a sirloin of beef (see picture facing page 145), slice the undercut first across the bone, not parallel with it. The slices should be about a inch thick. As a sirloin is usually served with the undercut turned downwards, the joint must be turned before carving. It is usual to serve a little fat with each portion.

The uppercut should be carved in thin slices from the backbone to the flap, parallel with the bone, in long slices. It is advisable to loosen the meat from the bone with a long, pointed knife.

Ribs of beef are carved much like the uppercut of a sirloin. Begin at the thick end, and cut slices parallel with the bone, down to the thick end. Then run the point of the knife along the rib bone to loosen the meat.

Rounds of beef and corned silver side are carved in thin slices right across the surface of the joint. Place a small piece of fat on each plate.

Shoulders of mutton and lamb are difficult to carve. They should be dished with the skin side uppermost and the knuckle end to the left of the dish. Insert a fork near the knuckle end and raise the joint slightly, then cut as many fairly thin slices as possible from the top of the joint, near the foreleg down to the bone. This makes wedge-shaped pieces. Good pieces may then be taken from the blade bone, cutting right across the joint from the foreleg to the other end in thin slices. Crisp fat should be cut in circular pieces from the bottom of the joint. The best portions of the shoulder are on the underside of the joint. Many prefer to cut this side first. If this is done, turn the joint over

and begin carving it into wedge-shaped slices from the side nearest to the foreleg. Cut these slices right through to the bone, then take more slices from the blade-bone end.

Leg of mutton or lamb should be placed with the knuckle end to the right. Insert a knife about the middle of the joint, and cut right down to the bone in fairly-thick, rather slanting slices, taking slices from either side.

Leg of pork is carved like mutton. Serve some of the crisp fat or crackling and any stuffing to each diner.

Ham should be cut through to the bone about 5 or 6 inches away from the knuckle end, cutting slanting slices as thinly as possible.

Fowl, whether roast or boiled, should be dished with the legs towards the server. Insert the fork into the lower part of the leg. Put the knife between the leg and the side, and press the leg back with the blade of the knife. The joint will come apart and the leg will only need cutting through. Remove the wing portion by cutting right through from the breast to the joint of the wing and pressing it back, as with the leg, then separate the joint. Next make an incision just above the merrythought (or wishbone), and turn back the merrythought and neck bones and cut them through. The meat should be cut from the breast in thin slices, the full length of the bird. Turn the carcass over and remove the oyster, or small dark portion which lies in the centre near the side of the bone. (See pictures facing pages 112-113.)

When carving turkey, first loosen the leg from the body, but do not cut it off. Then carve thin slices from each side of the breast, the full length of the bird. Remove the legs, and divide the thighs from the drumsticks. These joints are more easily cut through with carving scissors. An extra dish to receive the pieces as carved is an advantage. Serve a small piece of forcemeat with each portion of turkey.

When carving roast goose, take slices from each side of the breast, the full length of the bird. Then separate the legs and wings, and divide the drumsticks from the thighs. Stuffing is obtained by making an incision in the apron. Serve a small piece of stuffing with each portion of goose.

Carve ducks the same way as roast goose.

HOW TO SET A TABLE

Spotless napery and highly-polished glass and china add greatly to the enjoyment of a well-cooked meal. Whether tablecloths or table mats are used is a matter of personal preference.

A cover of thick cotton fabric should protect the table if a cloth is used. Protective mats must be provided under lace or linen mats.

If the table is candle-lit, be sure that the shades used throw the light on to the table, not into anyone's eyes, as some are apt to do.

Place cards may be used, if wished.

Except at family or informal dinners, it is more usual to hand the dishes than to carve at table.

What is known as a "cover" is placed for each person. This consists of the necessary supply of cutlery, silver, glass and a table-napkin.

These are placed thus: on the right-hand side (from right to left), soup spoon, fish knife, large knife, dessertspoon. On the left-hand side (reading from left), fish fork, large fork, dessert fork. Although a fork only is used for most desserts, a spoon is usually included in the "cover."

Glasses are arranged on the right-hand side—usually a tumbler and 2 wineglasses to each "cover."

Extra cutlery, glasses, plates, together with finger-bowls and dessert dishes, should be placed on the sideboard or side-table.

A luncheon table should be set in much the same way as a dinner table. Floral decorations are usually simpler.

Table decorations should be influenced by the general color scheme of the room, the dinner service and candle or lampshades.

WAITING AT TABLE

Inexperienced waitresses sometimes have difficulty in knowing at what side a dish should be put down or removed. The following rules should be observed.

(1) When there is no choice of dishes, the plate with its contents should be put down at the right-hand side of the person seated.

(2) When there is a choice, as in the case of two different sweets, or two different kinds of fish, these should be handed at the left-hand side.

(3) When a dish has to be offered, as, for instance, an entrée or a vegetable, it should be carried to the left-hand side.

(4) Soiled plates should be removed from the left- or right-hand side. It is a good rule to remember that anything that is offered, except wine, should be carried to the left-hand side.

SERVING OF WINES

Until comparatively recently, it was usual to have a different wine with each course at a dinner-party. The number has been considerably reduced, and it is quite usual to serve only one or two kinds throughout a meal. If more than one is served, the following order is correct :

Sherry with soup.

Sauterne or hock with fish.

Champagne, sparkling wine, claret, or burgundy with the entrée and joint and to the end of the meal.

Port and sherry are handed with dessert.

Liqueurs are handed with the coffee.

Any still white wine can be served with oysters and fish.

Dry, pale sherry or a vermouth can be served with hors d'œuvres.

Claret goes with an entrée, and claret or burgundy with the roast.

Claret can also accompany chicken or game.

Offer liqueur brandy with the coffee, or a choice of brandy and other liqueurs.

Each wine has its own glass. Two wines are never drunk out of the one glass.

When handing wine or other beverages, the server should hold the bottle, decanter or jug in the right hand, and stand on the right of the person to be served. Serving should proceed around the table to the left. The name of the wine should be mentioned when it is being offered, and if there is a choice, both names should be mentioned.

If a diner does not wish to take wine, he or she should be offered some fruit drink or water.

If a "soft" drink is accepted, the glass should be filled at a side-table.

At lunch it is usual to serve only one wine—claret, burgundy, or hock.

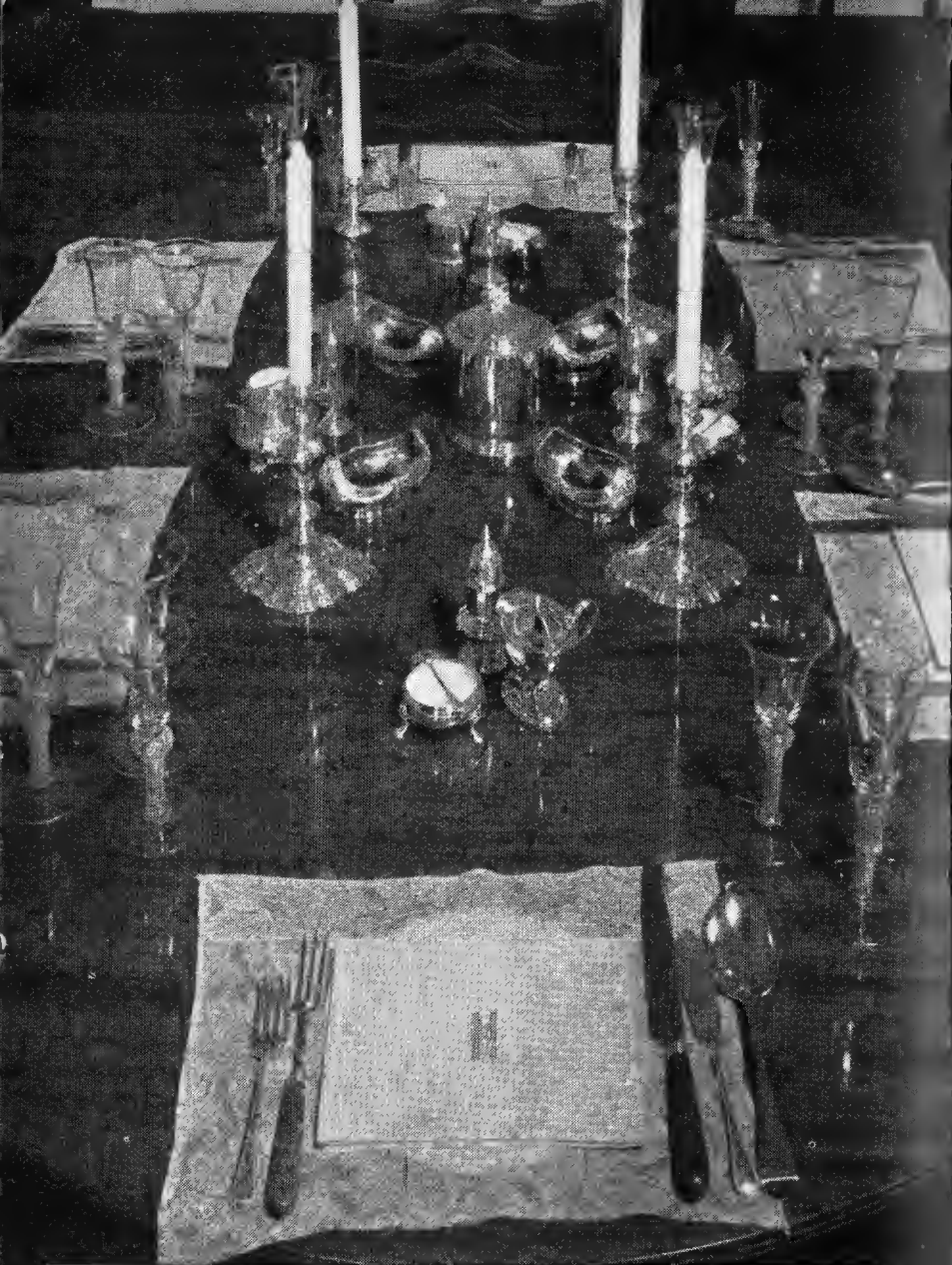
Claret, burgundy, sherry, and port are decanted. Old wines should be decanted very carefully, so that any crust or sediment may be allowed to sink to the bottom of the decanter.

Champagne is served from the bottle with a table-napkin wrapped round it.

Hock and moselle are also served from the bottle.



Potato wall—minced meat surrounded by crisp, browned, mashed potatoes. (See page 82.)



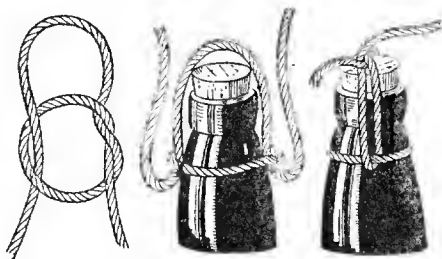
Perfection in table appointments—a Georgian mahogany pedestal table made about 1750. The candlesticks, spoons, salt-cellar, pepper- and mustard-pots are of various Queen Anne and Georgian dates. The air-twist, stem-knobbed glasses are early Georgian. The knife and fork handles are green-stained ivory. A Chippendale ladder-backed chair is at the end of the table.

Serve claret and burgundy at the temperature of the room. To achieve this, uncork the bottles and carefully decant them. Then take the decanters and place them on the corner of the dining-room mantel-piece for 5 or 6 hours before they are required. If white wine is wanted iced, stand bottle in a bucket of ice. Never put ice in wine.

Decanters are not put on the table until dessert is served, when port or sherry is placed in front of the host.

Liqueurs are served in very small liqueur glasses on a silver tray or liqueur stand, and are handed on the left-hand side of the guests. When ale is taken, it should be opened at the sideboard and poured out carefully and slowly, the bottle tilted at an angle so that the glass will not be filled with froth.

HOW TO TIE DOWN A CORK



A cork can be tied down securely in this way.

HOW TO FOLD TABLE-NAPKINS.

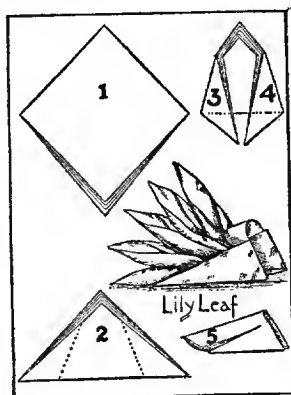
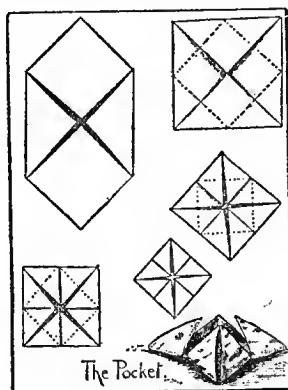
Elaborately-folded table-napkins are not much in favor nowadays, but sometimes are called for. Here are directions for three simple designs :

The Pocket Design is handy for holding pieces of bread, pulled bread, or rolls.

Take a square table-napkin, and fold top and bottom corners to centre.

Turn table-napkin over, and fold other two corners to centre.

Now fold each of the four corners to the centre.



Turn table-napkin over, and again fold the four corners to the centre. Turn table-napkin over once more, and again turn all four corners to the centre.

Press well, turn table-napkin over again, and raise the corners, as finished design shows.

Lily Leaf.—Fold table-napkin over from right to left, then up from lower edge to top (Fig. 1).

Place it before you, as Fig. 2, and fold either side over, as Figs. 3 and 4.

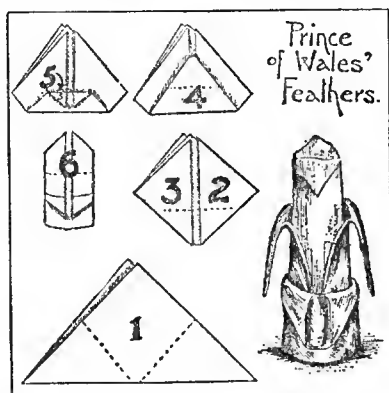
Then turn the ends under at dotted line in Figs. 3 and 4, and it will be like Fig. 5.

Now take each of the points, and pull up as a leaf, to look like the finished design.

Prince of Wales's Feathers.—Place table-napkin before you diamond-wise, and fold up trianglewise (Fig. 1).

Now fold up right- and left-hand corners as Figs. 2 and 3.

Then fold up bottom part at dotted line, as Fig. 4.



Prince
of Wales'
Feathers.

Next fold down half this part (Fig. 5).

Then bend either side round to the back, tucking the one end in the other, and pressing the table-napkin round (Fig. 6).

Then pull down each side to form a wing, and pull down one top point, when it should appear as the finished sketch.

GLOSSARY OF CULINARY TERMS

A la.—After the style, or in the fashion of.

A la carte.—According to menu.

Aspic.—Savory jelly, used for garnishing.

Au gratin.—Dishes covered with sauce, breadcrumbs, and cheese, and browned in oven.

Au maigre.—Dishes prepared without meat, or Lenten dishes.

Au naturel.—Food cooked simply.

Barding.—A method of preparing meat and poultry to avoid basting. It consists in placing thin slices of larding bacon with little incisions in them completely over meat which should otherwise be larded. The bacon can be left on baked or roast articles when the bird or meat is sent to table. A string should be used to tie these sheets of bacon on the meat.

Baste.—To pour spoonfuls of hot fat over joints whilst baking or roasting.

Béchamel.—Rich white sauce. (See page 143.)

Beignets.—A kind of fritter fried in deep fat.

Blanch.—To parboil or scald.

Bouillon.—Broth.

Bouquet garni.—Bunch of herbs, usually parsley, thyme, and bay leaf tied in a small bunch. Used to give rich flavor to soups, sauces, and stews.

Braising.—See Meats.

Brioche.—Light French bread.

Canape.—Small pieces of fried bread, toast, or pastry on which to serve hors d'œuvres or savories.

Caramel.—Browned sugar, or sugar boiled until it turns dark brown. Used for coating moulds or coloring.

Casserole.—An earthenware stewpan in which food is cooked and served.

Caviare.—Salted roe of a sturgeon or sterlet fish.

Charlotte.—Generally applied to mould lined with strips of bread or biscuits, and filled with a cream or fruit mixture.

Chaudfroid.—See page 143.

Chocolate sprinkles or shot.—Used for decorating cakes and sweets. Obtainable from confectionery caterers.

Choux paste.—Used for puffs and éclairs.

Chow-chow.—A kind of pickle. Vegetable preserved in a very hot sauce.

Compote.—Fruit stewed in syrup. Word is sometimes used for a kind of rich stew of game or poultry.

Condiments.—Highly-flavored spices and seasonings.

Confiture.—Jam or fruit preserves.

Consommé.—Clear gravy soup.

Crêpes.—Pancakes.

Croissants.—Half-moon-shaped pieces of fried bread or pastry.

Croquettes.—Savory mince of fowl, meat, or fish prepared with sauce to bind. Generally egged, crumbed, and fried crisp.

Croules or croûtons.—Small slices of bread cut into various shapes and fried.

Dariole.—Small, cup-shaped moulds.

Diable.—Sharp, hot, seasoned dishes. Devilled.

Éclair.—Choux pastry filled with cream or custard.

Entrée.—Usually precedes the joint or poultry at a dinner-party. Originally the term applied to hot or cold side dishes.

Entremets.—Dressed vegetables, or hot or cold sweets, served as second course.

Fillets.—Undercuts of meat. Pieces of fish freed from skin and bone. Fillets of beef are cut into small round pieces, known as fillets, mignons, noisettes, tournedos, and grenadine. Mignons are cut rather thin and small. Tournedos are slightly oval, but otherwise they are all the same, except in name.

Fines herbes.—Finely chopped herbs, used for seasoning and stuffing.

Flan.—An open fruit or custard tart.

Foie Gras.—Goose's liver.

Fondant.—Kind of icing. Used in sweet-making.

Forcemeat.—Meat used for stuffing.

Frangipane.—Confectioners' custard.

Frappé.—Iced.

Fricassée.—White stew.

Galantine.—Meat or poultry rolled, stuffed, and glazed. Served cold.

Garnish.—To ornament or decorate.

Glace.—Ice.

Glacé.—Frozen, iced, or glazed.

Glaze.—Stock boiled to a jelly.

Griddle or Girdle.—Circular iron plate for cooking pikelets, drop scones, Scotch cakes, etc.

Hors d'œuvres.—Appetisers. Dainty savory dishes used before soup.

Jardinière (à la).—Garnish of vegetables.

Jugged.—Brown stew of hare, rabbit, or some game.

Julienne (à la).—Garnish of vegetables cut in very fine shreds.

Kitchen paper.—Pieces of unprinted white paper.

Knead.—To turn outside edges into the middle.

Kromeskies.—Savory mince of meat, fish, game or poultry, wrapped in bacon, dipped in batter and fried.

Larding.—A method of preparing dry meats (such as veal) and poultry, before cooking, to add to the fat content. Thin strips of bacon called "lardoons" are put through the eye of a large needle and drawn through the flesh, leaving equal portions hanging out. The bacon used should be hard and firm. The pieces may be trimmed to an even length with scissors if desired.

Macedoine.—Mixture of fruit or vegetables cut into small pieces or dice. Term sometimes used for various fruits set in jelly in moulds.

Maître d'Hôtel (à la).—Hotel dish. Name often used for a sauce which is served on grills.

Marinade.—Mixture of herbs and oil, wine or vinegar, in which meat or fish is soaked to render it tender and full of flavor.

Marmite.—Stock pot.

Marzipan.—Delicate dessert. Dainties made from almond paste.

Mask.—To cover or to coat, as with a thick sauce.

Mayonnaise.—Salad dressing of eggs and oil.

Menu.—Bill of fare.

Meringue.—White of eggs beaten to very stiff froth and flavored to taste.

Mousse.—Light sponge mixture.

Nougat.—Mixture of almonds and sugar.

Panada.—Paste of flour and water or milk, or soaked bread.

Parmesan.—Italian cheese.

Parson's nose.—The extreme end portion of the carcase of the bird.

Pâte.—Pie, pastry, or raised pie.

Petit-fours.—Small fancy cakes, much decorated and iced.

Piquante.—Sharp, pungent.

Potage.—Soup.

Pot au feu.—Stock pot. Standard French dish.

Praline.—Flavoured with burnt almonds.

Pulled bread.—The crust is cut from a fresh loaf of bread. The bread is pulled apart with a fork, placed on a baking sheet, and cooked in a very slow oven until crisp and pale brown.

Purée.—Pulp of mashed or sieved fruit or vegetables. Meat or fish that has been pounded and sieved. Thick soup.

Quenelles.—Forcemeat or meat, fish, game or poultry, pounded, rubbed through a sieve, and formed into balls or any fancy shapes, poached or fried.

- Ragoût*.—Rich, highly-seasoned stew.
- Ramequin (ramekin)*.—Mixture served in small paper or china cases (either oval or round).
- Réchauffer*.—Reheat, warm up.
- Relevé*.—The remove or joint.
- Rissoles*.—Mixtures of minced fish, meat, poultry or game, egged, breadcrumbed, and fried.
- Rôti*.—Roast, or course served just before the entremets.
- Roux*.—Preparation of flour and butter used for thickening soups and sauces.
- Salmi*.—Hash made with game.
- Sauté*.—Slow cooking of raw or cooked foods, savory or sweet, in a little hot fat in a shallow pan.
- Savoy*.—A hardy variety of cabbage.
- Scallops*.—Fireproof china dishes made in the shape of shells.
- Simmer*.—To bubble or boil at one point only. Watch for a bubble slowly rising at one side.
- Sippets*.—Small slices of toasted or fried bread used as a garnish.
- Sorbet*.—Half-frozen ice flavored with wine.
- Soubise*.—Smooth onion pulp served with entrées, or a thick onion sauce.
- Soufflé*.—Light mixture, either sweet or savory. Puffed.
- Soy*.—Dark-brown condiment sauce. Originally made in Japan.
- Squabs*.—Young pigeons.
- Stock*.—Essence extracted from meat and bones.
- Suprême*.—Rich white sauce made of chicken or veal stock, to which cream is added.
- Table d'hôte*.—A general title for a meal of several courses at a fixed price.
- Tartare*.—Cold mayonnaise sauce flavored with gherkin, capers, and herbs.
- Tepid*.—2 parts cold liquid to 1 part boiling.
- Timbale*.—Cup-shaped mould.
- Toddy*.—A punch.
- Tournedos*.—Small rounds, fillets of beef, served as entrées.
- Tutti Frutti*.—Mixed fruits, either fresh or crystallised.
- Velouté*.—Rich, white, smooth, velvety sauce.
- Vol-au-vent*.—Light puff pastry shapes filled with ragoût of chicken and sweetbread.
- Zest*.—Oil of lemon or orange.

HERBS, SPICES, CONDIMENTS

Seasonings or flavorings should be used in small quantities, as more can always be added, but it is impossible to remove any when it has once been added.

Here are some of the principal herbs in use :

Angelica.—A plant resembling rhubarb. The leaf stalks are boiled in syrup or crystallised, and are used for decorations.

Bay Leaf.—The leaf of the bay tree. It is usually added to a bunch of herbs, and also used for flavoring sweet dishes, such as custards and milk puddings.

Chives.—A kind of onion used in salads and any garnish made with fines herbes.

Garlic.—A plant of the onion species. It has a pungent taste, and little must be used. Most people find it sufficient to rub the dish over with garlic. The root is composed of small divisions which, when separated, are called cloves of garlic.

Marjoram.—There are various kinds of marjoram. Knotted or sweet marjoram is generally used in conjunction with other herbs, in forcemeats, or a bunch of herbs. It may be used fresh or dry.

Mint.—Used for making mint sauce. A spray is added to new potatoes and green peas, etc., when cooking. Dried mint is served with pea soup.

Parsley.—Used either for flavoring or as a garnish. Is invaluable in cookery. It may be used dried and powdered.

Sage.—Used to flavor the stuffing of pork, geese, ducks.

Shallot.—A species of onion, and has a mild flavor. Used in delicate entrées in place of onion.

Tarragon.—Used to flavor sauces, salads, and vinegar. It forms one of the ingredients of a bouquet garni, and may be used as a decoration.

Thyme and Lemon Thyme.—Belong to the mint tribe. Highly-aromatic flavor. Should be used sparingly.

SPICES AND CONDIMENTS

Allspice or Pimento.—A West Indian berry which turns black when dried. It combines the flavor of clove, cinnamon, and nutmeg. It is sometimes called Jamaica pepper.

Aniseed.—Used in confectionery and for flavoring and coloring liqueurs and cordials.

Capsicum or Chilli.—There are several kinds of capsicum, which vary in size and color. They are usually bright red and glossy, though some are yellow. Unripe pods are often pickled. Cayenne pepper and chilli vinegar are also made from them.

Caraway Seeds.—Used for flavoring purposes and for making cakes.

Cayenne.—A powder prepared from several varieties of the capsicum. Use sparingly.

Cinnamon.—Used in sweet and savory dishes. It can be procured ground. Oil of cinnamon is used in making liqueurs, and for medicinal purposes.

Cloves.—Used in flavoring sweet or savory dishes. Ground cloves are often used also.

Curry.—A powder or paste made from various spices, including ginger, turmeric, etc.

Ginger.—May be used whole or ground. Is also crystallised and preserved in syrup.

Lemons.—Are valuable, for every part of a lemon can be used. The rind or peel contains oil for flavoring purposes, and is either grated or cut off very finely or rubbed on sugar. The juice is used in many ways in sweet and savory dishes.

Mace.—The outer shell or husk of the nutmeg. Resembles it in flavor. Can be used either whole or ground.

Mustard.—There are two kinds of mustard seed, black and white. These are ground and mixed together.

Nutmegs.—Grated and used for flavoring milk puddings and other farinaceous dishes, and also for forcemeats.

Paprika.—Also known as Krona pepper. Bright red in color. Less pungent than cayenne. Used for decoration.

Black Pepper.—Made from dried berries ground whole.

White Pepper.—Outside husk has been removed and the berry finely ground.

Mignonette Pepper.—White pepper which is ground rather coarsely.

Sugar.—Used for sweetening all kinds of fruits and sweet dishes. It is also sometimes mixed with certain vegetables, such as green peas.

Turmeric.—Bright yellow in color and has a peculiar flavor. Used in the making of curry powder.

Vanilla.—Used for flavoring sweet dishes.

WATER ECONOMY MEASURES

For the benefit of those in dry areas, where every dipperful of water is precious in midsummer, the following hints on water economy are given.

WASH glasses first, then reheat the same water for crockery and knives and forks.

Keep a large pot of earth beside the sink. Knives, forks, and spoons dug into this and wiped on paper need the merest rinsing and drying to be clean and shining. Change the earth or fork it over after each washing up.

Clean glasses with paper, then rinse in a basin of cold water, which can then be used for the garden. Even greasy washing-up water can be used for watering if it is allowed to grow cold and then the fat skimmed from it.

Many plants will stand a mixture of soap with water. All rinsing water from the kitchen can be used for the garden. Do not pour oddments of water on plants. Save it up and then pour it well down on the roots: ten sprinkles will not make one root wet.

Double-saucepan cookery should be used whenever possible, as what is left of the water can be used over and over again.

When water is scarce, vegetables and onions are very valuable, because they give quantities of juice which can serve as a basis for soup or sauce. The same applies to tomatoes.

Stewed steak without water—a delicious dish which is particularly interesting from the water ration point of view—is made by slicing onions thickly and putting a thick layer in the bottom of a saucepan, sprinkling with salt and pepper; cut the beefsteak into squarish pieces and fill the saucepan tightly with alternate layers, ending with steak. Put a lump of butter on the top, cover the saucepan closely, and put a weight on the lid. Let it cook very slowly beside the fire, in a pan

of boiling water or in the oven, for $2\frac{1}{2}$ hours. Shake it a little from time to time, but do not, on any account, raise the lid. It will have quite a lot of excellent sauce with it, and be very tender.

Melons are useful. Cut them open without taking the seeds out, wrap them in butter muslin, and leave them to drain, the cut side down. When they cease dripping they will have given quite a lot of liquid, which can be used in puddings and pies, and will still be quite moist enough for eating in themselves.

Ripe pears rubbed through a hair sieve give excellent results ; also gooseberries. All sorts of fruit, with a layer of sugar over it, and only a cupful of water, will, in 5 or 6 hours, if occasionally stirred, yield quantities of juice if the dish be kept tightly covered. Apples and hard pears, also plums, should be put in a deep saucepan with very little water and left for 2 hours beside the fire or in the oven.

Sour milk gives plenty of whey when hung up in a muslin bag, besides forming delicious cheese, and the whey is good for soups and stews and all sorts of sauces. The quickest way of souring milk is to bring it to the boil and then throw a little vinegar or lemon juice into it. The whey of junket is also valuable.

Fruit salad juice, with a little unsweetened lime juice, and a minimum of water, is a good drink.

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